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STEVE JOBS DEAD AT 56
{page 9}

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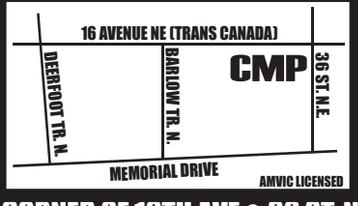

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Say. Fries!

▶ Lani Buchanan, co-owner of Fries and Dolls, serves Mayor Naheed Nenshi fries yesterday while field director Keero Birla and crew for the TV program Eat St. capture the moment for an upcoming show on the Food Network.

CANDICE WARD/FOR METRO CALGARY

City's food trucks to be hot item on Food Network show

Coke concerns fizzed over junk food ban

Documents indicate major vendor was in the dark on CBE's Jan. 1 deadline to remove junk food from schools ◐ Critics accuse administration of knee-jerk reaction to trustee's motion

JEREMY NOLAIS
@METRONEWS.CA

One of the Calgary Board of Education's major snack vendors appeared to be caught off guard upon hearing of the board's planned ban on junk food, after CBE officials claimed they been in consultation with them for months.

According to documents obtained by Metro, concerns bubbled over at Coca-Cola to the point that the organization sent a number of materials on its nutrition objectives to CBE trustees the day before a vote on a ban proposed by trustee Sheila Taylor.

That motion was shot down Sept. 20 after the administration pubclicly unveiled plans to remove items like chips and chocolate bars by Jan. 1.

"We understand it will be heard in your Board meeting tomorrow and respectfully ask that you consider the attached facts when reviewing this motion," said a Coca-Cola spokesperson in a Sept. 19 letter obtained by Metro.

Cathy Faber, CBE superintendent for learning innovations, told Metro after the junk food ban was announced Sept. 20 that discussions had been ongoing with vendors for months and they had been told of a zero-tolerance policy in January.

"I don't know how formal that conversation was," Faber said yesterday. "Whether or not we phoned or personally sent an email to Coca-Coca, I couldn't tell you ... I would just say that this has been part of our conversation for a good, solid 12 months."

Larry Leach, president of the Association for Responsive Trusteeship in Calgary Schools, said it appears Taylor's motion spurred administration into action.

"There doesn't seem to be a lot of long-term planning, but reactive planning," he said.

Junk food facts

- Trustee Sheila Taylor made clear during the Sept. 20 CBE board of trustees meeting that she made inquiries about a junk food ban to administration in the past but received no response.
- Coca-Cola had requested the information it provided to CBE trustees be read aloud as a stakeholder report at the Sept. 20 meeting but that never occurred.
- The CBE had previously instituted a policy requiring 80 per cent of foods sold in schools to fall under the top two tiers of the Alberta Health Services nutrition handbook.

1 news

Wall Street protest swells as union members, college students join the clamour. Scan code for story.

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On the web at metronews.ca

OPP released a YouTube video about the hit-and-run death of 18-year-old Jessica Godin of Cassleman in hopes that it will prompt tips from the public. Video at metronews.ca

KATIE TURNER/METRO

▶ The Alberta Urban Municipalities Association has voted in favour of doubling speed fines in schools zones such as this one in Calgary's northeast.

Speed fine hike put on the table

Alberta Urban Municipalities Association will put together package for province to consider

KATIE TURNER
CALGARY@METRONEWS.CA

Several municipal leaders are hoping to put the brakes on speeding in school zones by doubling fines; however, one Calgary alderman is skeptical of how soon that could happen, if at all.

Calgary played host to the Alberta Urban Municipalities Association (AUMA) convention last week where a resolution was passed to double speeding fines in school zones.

AUMA director and Grande Prairie Coun. Helen Rice said she believes doubling the provincial fines would be beneficial for all municipalities.

55,027
From Jan. 1 to the end of August of this year, 55,027 tickets have been issued in Calgary for speeding in school and playground zones, according to police.

"In the next month, it will go to the appropriate committee and they'll look at developing a strategy to take it forward," said Rice. "AUMA has a very impressive track record of follow up and success with their resolutions."

Calgary Ald. Jim Stevenson said he went against the vast majority of his AUMA colleagues and voted against the idea because the local police force indicated it was unnecessary.

Stevenson said he's skeptical of how quickly this resolution will move once it reaches the province.

"Often, we have things that the AUMA has passed at conventions four, five, six years ago that still haven't been acted upon so it really depends if that particular ministry will pick up on it and move on it."

Elections Alberta offers apology after binder mishap

Elections Alberta is apologizing after an enumerator working in Calgary left a binder containing information on 153 residential addresses on the CTrain.

Names, addresses, phone numbers, and even some birth dates of residents living in the Coral Springs area were contained in the binder, according to Drew Westwater of Elections Alberta.

"Unfortunately, we haven't been able to retrieve it so we've take the pertinent steps of notifying and contacting everybody that was affected by it — 153 residences," said Westwater.

Elections Alberta was notified of the binder being lost on Sept. 27. It has since been reported it to the Calgary Police Service and the office of the information and privacy commissioner.

Letters have been delivered to those individuals impacted by the loss of the binder.

KATIE TURNER

For more local news visit metronews.ca/Calgary

Cops aware of Paxton before alleged assault, trial hears

HANDOUT

▶ Dustin Paxton

The trial of Dustin Paxton has been told police were alerted to problems more than a year before he is alleged to have assaulted his co-worder and roommate.

A Calgary court heard two 911 calls from Paxton's neighbour Marcia Hayes, who lived with her husband in the basement suite of the home.

She says that over time, she heard loud fights which she described as Paxton screaming, thumping and making noise.

The breaking point came in January 2009 when Hayes said she was forced to call police.

Hayes also testified that she complained to her landlord about the disturbance, adding that Paxton then began to harass her directly.

The couple decided to move out but on that day, Hayes said she was confronted by Paxton and his friends, who were toting bear spray and a cane.

"I've been scared to go back in here for the longest time," Hayes told dispatch when she phoned 911 a second time.

"They absolutely scare the crap out of me."

Paxton is charged with aggravated assault, forcible confinement and sexual assault.

The alleged victim, whose name is under a publication ban, was near death when he was dumped at a Regina hospital in April 2010.

Paxton has pleaded not guilty.

THE CANADIAN PRESS

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CANDICE WARD/FOR METRO

▶ Lee Horbachewski vowed yesterday to dye her hair blue in November to raise money and awareness for mental illness and suicide prevention.

Blue hair for those who've got the blues

Mental Illness Awareness Week runs Oct. 2 to 8

CANDICE WARD
CALGARY@METRONEWS.CA

One Calgary woman will be going blue to raise money for those feeling blue.

Lee Horbachewski, who has been fighting depression for more than six years, will be dying her hair blue this November to help raise funds and awareness for mental illness and suicide prevention.

"My goal is to make mental illness and suicide prevention openly discussed, talked about and supported without judgement," said Horbachewski, whose target is $4,000.

Horbachewski was hospitalized in 2004 with postpartum depression. She wants to reach out and inspire those battling depression to seek help and talk to someone about what they are going through with the help of the Going Blue 4 U campaign.

8.2

8.2 per cent of Calgarians are affected by depression every year, according to Dr. Robbie Babins-Wagner, CEO Calgary Counselling Centre.

"When I was hospitalized with major depression it was devastating for all of us, especially my husband and daughters," said Horbachewski. "It is a dark, lonely place that (makes) many people hide even further in fear of judgement and stigma."

Oct. 6 was also proclaimed National Depression Screening Day.

"Depression is a treatable problem. Its danger is the stigma of seeking help," said Dr. Robbie Babins-Wagner, CEO Calgary Counseling Centre.

Calgary Counselling Centre is now offering free, anonymous depression screening tests.

CHARGED

Man arrested in Ontario for Calgary shooting

Charges have been laid in a shooting incident that took place last month during an attempted drug deal.

Abdiaziz Yousef Omar, 26, was arrested in Ontario.

He faces nine charges ranging from robbery to the careless use of a firearm.

On Aug. 9 around 3 p.m., police responded to a call of a 33-year-old man.

The man had entered a northeast hospital with a gunshot wound to his stomach.

According to police, the victim was shot in a northeast parking lot after he entered the suspect's vehicle.

A man in the back seat demanded cash and threatened him with a weapon, police said. METRO

No testimony from witness

A key Crown witness in Calgary's ongoing Bolsa Restaurant triple-murder trial reportedly refused to testify yesterday and was threatened with contempt of court. The man, who cannot be identified, reportedly denied he witnessed anything at the restaurant on New Year's Day 2009 when three individuals were gunned down. Nathan Zuccherato, 25, and Michael Roberto, 27, each face three counts of first-degree murder. METRO

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Students' exam marks 'amazing': Official

Bill Nye the Science Guy would be proud.

Results are in for the provincial achievement tests for the school year 2010-11, and officials of the Calgary Board of Education and Calgary Catholic School District deemed the results very promising.

Public school students in particular seem to have few problems tackling tricky lab concepts and arithmetic.

"The standard of excellence in our science and math courses is amazing," CBE Chief Superintendent Naomi Johnson said.

Officials did acknowledge one area for improvement in the relatively new curriculum of Knowledge and Employability, which helps prepare students for the workforce.

Test pattern

- **Calgary Board of** Education students exceeded overall provincial results in 12 of 13 subjects in what is deemed the acceptable standard. They had the same showing in 11 of 13 subjects with regards to the exceptional standard, reserved for students with marks near the top of their class.
- **The Calgary Catholic** School District, meanwhile, outperformed the province in 11 of 12 subjects in the acceptable standard and all 12 areas with regards to the exceptional standard.

Catholic school representatives, meanwhile, noted their test marks exceeded provincial averages in the majority of subjects.

"We're proud of how well our students performed in this year's provincial tests," Chief Superintendent Lucy Miller said. ● JEREMY NOLAIS

Part 5 of 5

Call centre striving to improve

For more on Calgary's emergency centre, go to metronews.ca/calgary

KATIE TURNER
@METRONEWS.CA

As the city continues to grow, the challenge for Calgary's Public Safety Communications Centre will be to not only maintain levels of service but also improve them.

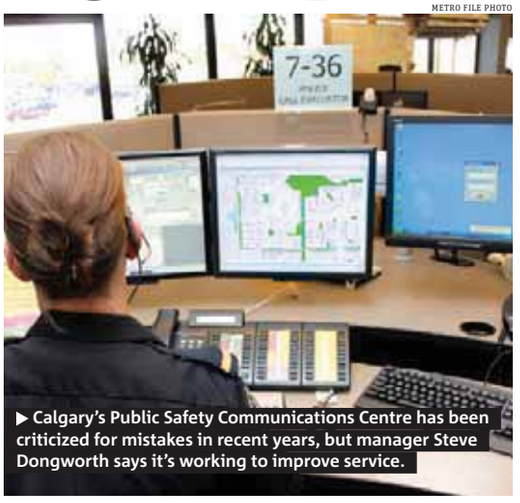
The centre, which handles more than a million 911 calls annually, has come under fire in recent years, but manager Steve Dongworth said strides have been made to improve service.

One of the most fundamental changes has been to confer with the Calgary Police Service and Calgary Fire Department to determine performance standards, Dongworth said.

Call to action

- **As an example of one** improvement, Steve Dongworth said the goal of communications officers is to answer the police non-emergency line within 30 seconds, 90 per cent of the time.
- **"While we're still not at** 90 per cent, we've made some fairly significant headway to where we'll probably be in the high 70s this year."

METRO FILE PHOTO

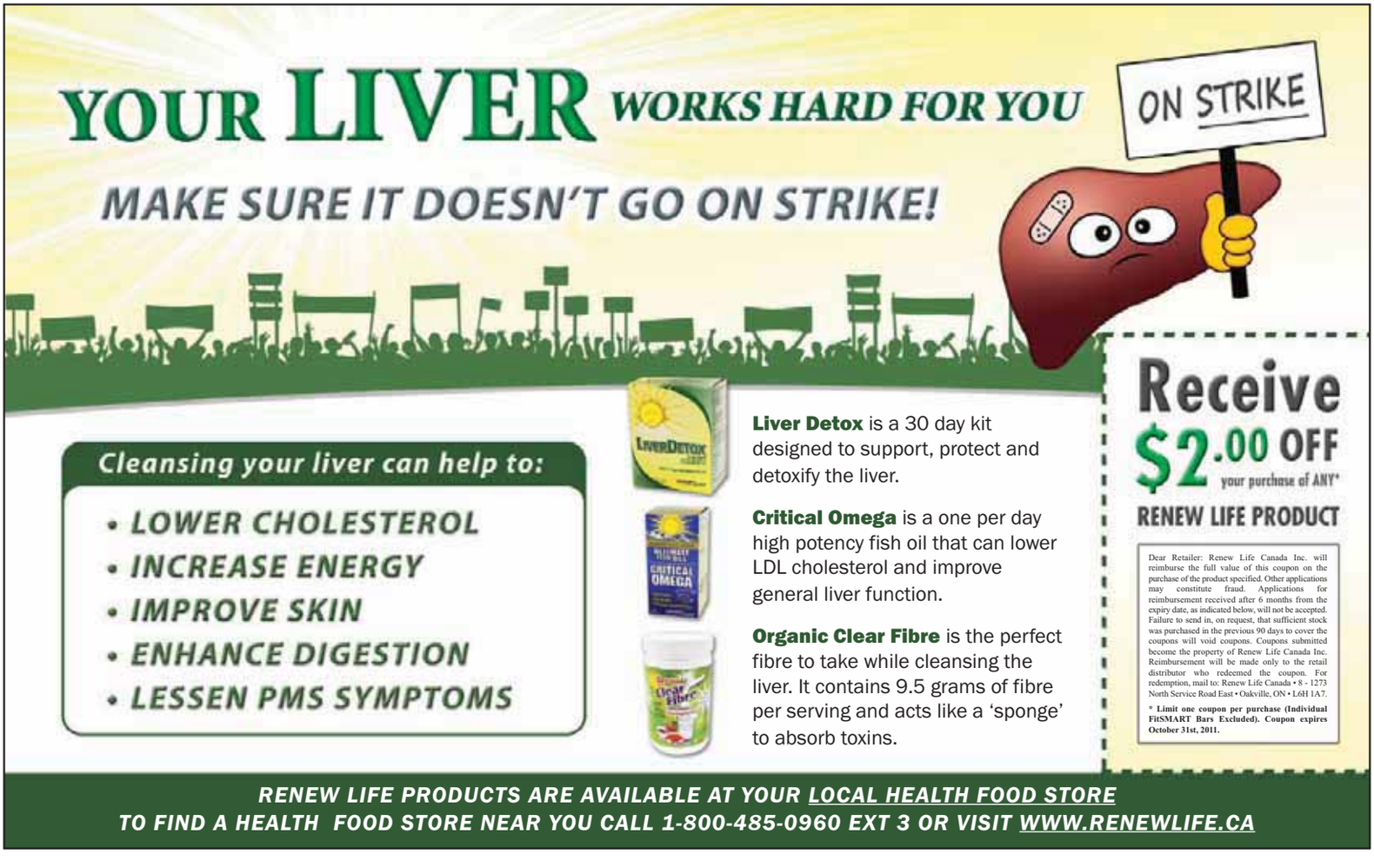


▶ Calgary's Public Safety Communications Centre has been criticized for mistakes in recent years, but manager Steve Dongworth says it's working to improve service.

"We've sat down with them and identified exactly what their expectations are. That's been tremendously useful for us because now that we know what they want, we can design our business to meet those standards."

Dongworth says that despite the stress that comes with being an emergency communications officer, the 200-plus staff do it because they want to help.

"I think everyone would tell you there's no greater satisfaction than knowing you've helped someone today and potentially saved their life."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Apple founder Steve Jobs dead at 56

Death of tech giant's former CEO comes day after unveiling of new iPhone

Steve Jobs, the Apple founder and former CEO who invented and masterfully marketed ever-sleeker gadgets that transformed everyday technology, from the personal computer to the iPod and iPhone, has died. He was 56.

Apple announced his death last night without giving a specific cause.

Jobs had battled cancer in 2004 and underwent a liver transplant in 2009 after taking a leave of absence for unspecified health problems. He took another leave of absence in January — his third since his health problems began — before resigning as CEO six weeks ago. Jobs became Apple's chairman and handed the CEO job over to his hand-picked successor, Tim Cook.

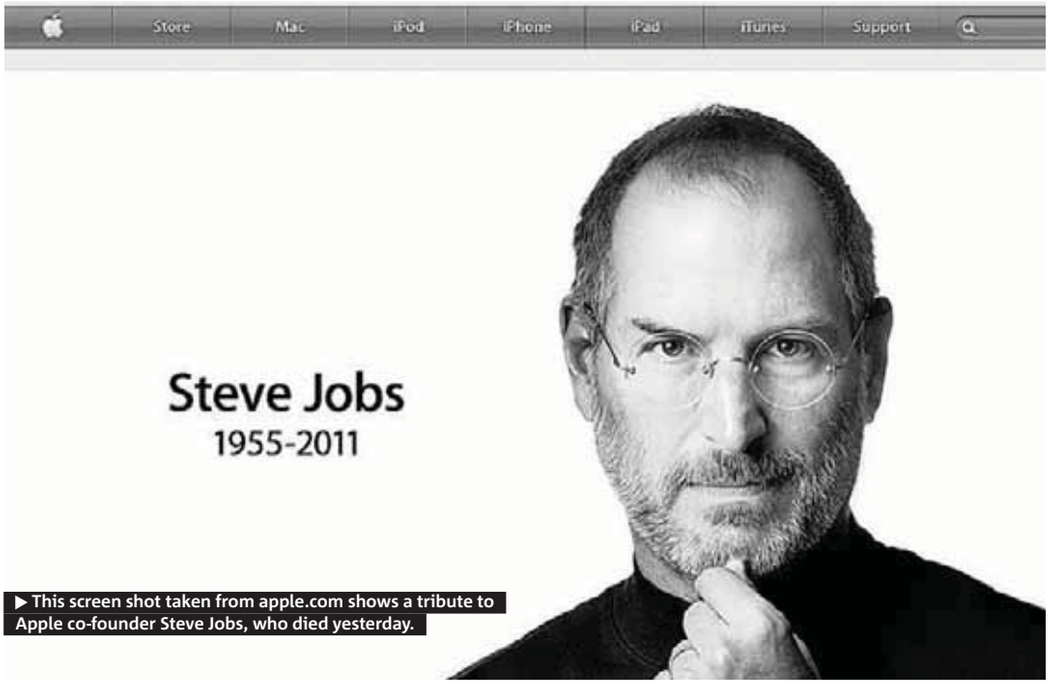
Jobs started Apple with a high school friend in a Silicon Valley garage in 1976, was forced out a decade later and returned in 1997 to rescue the company. During his second stint, it grew into the most valuable technology company in the world with a market value of $351 billion.

Cultivating Apple's countercultural sensibility and a minimalist design ethic, Jobs rolled out one sensational product after another, even in the face of the late-2000s recession and his own failing health.

He helped change computers from a geeky hobbyist's obsession to a necessity of modern life at work and home, transforming the cellphone and music industries in the process.

THE ASSOCIATED PRESS

APPLE.COM/THE ASSOCIATED PRESS



▶ This screen shot taken from apple.com shows a tribute to Apple co-founder Steve Jobs, who died yesterday.

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Smitten duchess weds commoner

Estimates of her wealth range from $600 million to $3.5 billion Groom only earned $1,500/month

A wealthy 85-year-old Spanish duchess considered the world's most title-laden noble married a civil servant 25 years her junior yesterday, shrugging off her children's qualms and celebrating by kicking off her shoes and dancing flamenco.

A crowd of several hundred clapped and roared its approval as the Duchess of Alba waved, smiled and danced on a red carpet after her wedding to Alfonso Diez at Palacio de las Duenas, her 15th-century residence in the cobblestoned old quarter of Seville.

Diez stood close by in a dark suit, smiling and holding an outstretched arm at the ready, as if to catch his bride if she stumbled. The duchess hiked up her dress as she performed a few whirling steps of Spain's quintessential art form in the city perhaps best known for it.

"I have been alone in this project, and got nothing but negative opinions until they realized what kind of man he is."
DUCHESS OF ALBA
ON HER FAMILY'S REACTION

With her frizzy white hair, squeaky voice and wildly colourful clothes, the duchess is among Spain's most famous people. Only a few dozen family members and close friends were invited to the ceremony.

The twice-widowed duchess wore a salmon, shin-length dress by Spanish designers Victorio & Lucchino.

Her full name — take a deep breath — is Maria del Rosario Cayetana Alfonsa Victoria Eugenia Francisca Fitz-James Stuart y de Silva. She goes by simply Cayetana, and is a distant relative of Queen Elizabeth and Winston Churchill.

She and Diez, a social security administration employee, are old acquaintances through her second husband, who was a former Jesuit priest, and Diez's brother, an antiques dealer. They bumped into each other about three years ago outside a movie theatre in Madrid and eventually started dating.

Her six children, all from her first marriage, reportedly balked when the idea of marriage emerged. In July of this year, the duchess assigned them and her grandchildren juicy chunks of her vast estate, like mansions and palaces, in an effort to appease them and clear her way to the altar.

Diez will be entering a new world, although he has reportedly signed a document renouncing any claim to the House of Alba wealth. Now he will live in splendor as a duke, reportedly with plans to take a leave of absence from his day job, although the noble title will pass on to the duchess's eldest son, Carlos, when she dies.

THE ASSOCIATED PRESS

MIGUEL ANGEL MORENATTI/ THE ASSOCIATED PRESS

▶ The Spanish Duchess of Alba and her new husband, Alfonso Diez, walk out of the chapel after their wedding at Las Duenas Palace in Seville, yesterday.

Putin fakes treasure find

The widely publicized incident in which Russian Prime Minister Vladimir Putin pulled up ancient Greek jug fragments from the seabed on a diving expedition was staged, his chief spokesman said.

The August dive in the Kerch Strait was reported extensively in Russian and overseas media. Putin is noted for his habit of appearing in adventurous settings, including fishing while stripped to the waist and riding with leather-clad motorcyclists.

His spokesman said the jugs had been found earlier by archaeologists and placed there for Putin.

THE ASSOCIATED PRESS

▶ Russian Prime Minister Vladimir Putin

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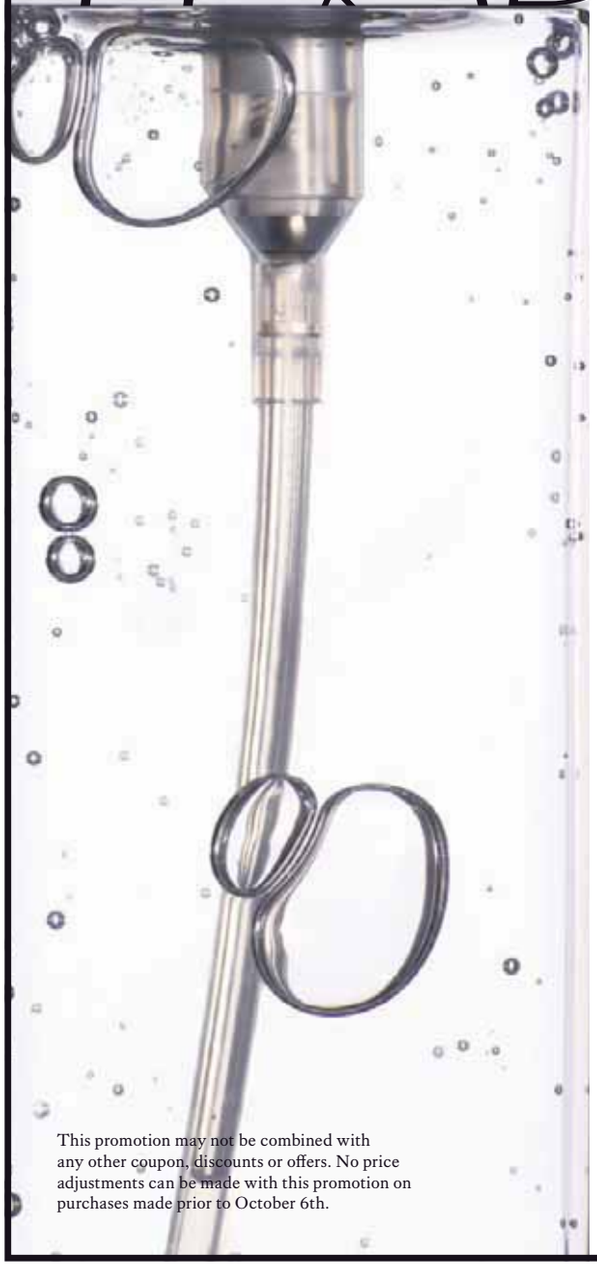

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TED S. WARREN/THE ASSOCIATED PRESS

▶ Amanda Knox arrives to talk to reporters on Tuesday in Seattle after returning home to the U.S.

Speculation still surrounds Knox

Judge who acquitted defendant: American might know the 'real truth' about murder of British student

The Italian judge who was part of the jury that acquitted Amanda Knox said Wednesday the American and her ex-boyfriend might know the "real truth" about who killed her British roommate.

Judge Claudio Pratillo Hellmann said in a state TV interview that "maybe" the two defendants know what happened in the 2007 slaying of Meredith Kercher in the flat the two women shared in Perugia, the Umbrian town where they were students.

Hellmann, who was also one of the eight jurors, said "the real truth could be different."

But based on trial evidence, the jury acquitted them, he said. In Italy, the presiding judge is part of the jury, along with another judge, and six civilians.

In his first public comments since Knox and her Italian co-defendant, Raffaele Sollecito, were acquitted Monday night, the judge stressed on state TV that the verdict was the fruit of the "the truth that was created in the trial.

"But the real truth could be different" Pratillo Hellmann added. "They could also be responsible, but the proof isn't there. So maybe they know, too, but as far as we (the jury) go, they didn't," he added.

Knox and Sollecito have vehemently denied wrongdoing in Kercher's murder. Knox flew home to Seattle on Tuesday, her first full day out of jail since she was arrested a few days after the murder. Sollecito was resting at his family home, his lawyers said.

Pratillo Hellmann dismissed a suggestion that the jury might have been influenced by the "media circus" surrounding the trial.

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U.S. groups sue to halt work on oil pipeline

U.S. officials illegally allowed a Canadian company to begin preparing the route for its proposed 2,730-kilometre oil pipeline from western Canada to Texas even though the project hasn't gained final government approval, three conservationist groups contend in a lawsuit.

The lawsuit, which the groups planned to file yesterday in federal court in Omaha, seeks a halt work on TransCanada's Keystone XL pipeline, which would carry crude from the oilsands of Alberta to Texas Gulf Coast refineries.

It alleges that the U.S. Fish and Wildlife Service allowed the pipeline operator to prematurely disrupt the environment.

The Keystone XL project has not yet received U.S. State Department approval. But the lawsuit says federal officials have already authorized TransCanada to mow native grasslands along the route and relocate American burying beetles, an endangered species.

The plaintiffs include the Center for Biological Diversity, the Western Nebraska Resources Council and Friends of the Earth.

The pipeline has drawn opposition from an unlikely coalition of Nebraska farmers, ranchers, environmental groups and other activists who fear it will leak and contaminate the Ogallala aquifer, which supplies drinking and irrigation water to eight states.

Supporters and top TransCanada executives have said the criticism is baseless and an attempt to stir fears.

THE ASSOCIATED PRESS

Pipeline problem

- The plaintiffs say TransCanada has cleared a 160-km pipeline corridor through the Nebraska Sandhills, despite a federal law that prevents the launch of projects before they receive approval.
- They also say the decision to allow the groundwork is a sign that federal officials aren't committed to the full, legally mandated review.
- U.S. State Department officials held public meetings last week in Montana, South Dakota, Nebraska, Kansas, Oklahoma and Texas, where the pipeline would run, and have defended the process as fair.
- Pipeline supporters claim any spill in the aquifer could have a limited impact.

3 dead in quarry shooting

Authorities were on the hunt yesterday for a disgruntled employee they say opened fire at a California limestone quarry, killing three and wounding six in an attempted carjacking.

SWAT teams sought Shareef Allman, 47, after the rampage at the Permanente Quarry in Cupertino.

THE ASSOCIATED PRESS

Lawsuit riles Ohio pork producers

A decision by Ohio officials to remove all pork products from prison menus in response to a lawsuit by Muslim inmates is not sitting well with the state's pork producers and processors.

Both promise action of their own, including a possible counter lawsuit, to address what they consider an unfair and illogical decision. THE ASSOCIATED PRESS

Ottawa woman wanted in pet neglect case

An Ottawa woman is wanted after she skipped court on the day she was handed a 10-month jail sentence for animal cruelty.

A judge sentenced Madeleine Girard on Oct. 3 after she left her 10-month-old pointer-type puppy starve to death.

It's Ontario's first-ever jail sentence for animal cruelty under the OSPCA Act.

JESSICA SMITH IN OTTAWA

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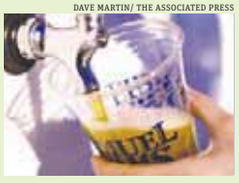
News in brief

DAVE MARTIN/ THE ASSOCIATED PRESS



U.S. town's Oktoberfest finally gets wet

CELEBRATION. A north Alabama town marked Oktoberfest for decades with no beer. But, last Monday, organizers tapped a keg for the first time ending a long-running autumn prohibition. Jason Hicks enjoyed a beer with his wife as German music played in the background.

"Before it was just two old guys dancing," said Hicks, 30. "It's not about the beer now, but it adds something."

THE ASSOCIATED PRESS

Palin won't run for president

POLITICS. Former Alaska Gov. Sarah Palin says she will not run for president.

Palin said in a statement that she and her husband Todd "devote ourselves to God, family and country." She said her decision maintains that order.

Palin often hinted that she might run for president in 2012 but never committed herself.

THE ASSOCIATED PRESS

Student hacked PM's Twitter

INTERNET. Thai authorities have arrested a university student who reportedly confessed to hacking the Twitter account of the country's prime minister.

The 22-year-old posted several tweets accusing the government of incompetence and cronyism.

THE ASSOCIATED PRESS

Clock ticking for justice

German prosecutors determined to convict Nazi death camp guards ◐ Fewer than 1,000 suspects alive

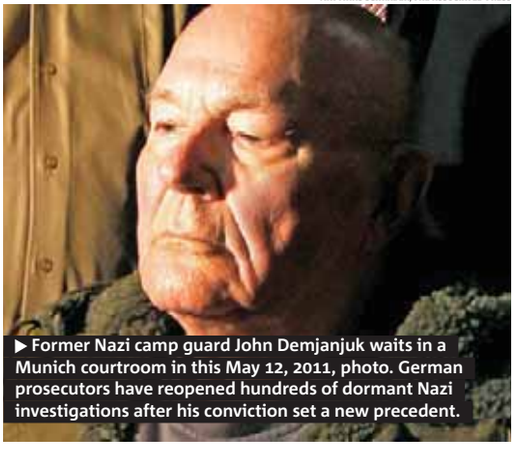
In a final quest to bring Holocaust participants to justice, German authorities have reopened hundreds of dormant investigations of Nazi death camp guards — men who are now so old that time has become "the enemy" for prosecutors hurrying to prepare cases.

The efforts could result in new prosecutions nearly seven decades after World War II.

Special Nazi war-crimes investigators reopened the files after the conviction of former U.S. autoworker John Demjanjuk, whose case set a new legal precedent in Germany.

It was the first time prosecutors had been able to convict someone in a Nazi-era case without direct evidence that the suspect participated in a specific killing.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS



▶ Former Nazi camp guard John Demjanjuk waits in a Munich courtroom in this May 12, 2011, photo. German prosecutors have reopened hundreds of dormant Nazi investigations after his conviction set a new precedent.

Now authorities are weighing whether the same approach could be used to pursue others, said Kurt Schrimm, the prosecutor who heads the investigation unit.

Given the advanced age of the suspects, investigators are not waiting until Demjanjuk's appeals are decided.

Elan Steinberg, vice-president of the American Gathering of Holocaust Survivors and their Descendants, welcomed the news and urged prosecutors to act quickly.

"As our numbers, those of the victims, have also rapidly dwindled, this represents the final opportunity to witness justice carried out in our lifetimes," he said.

The Simon Wiesenthal Center's top Nazi-hunter, Efraim Zuroff, said he would also launch a new campaign in the next two months to track down remaining Nazi war criminals.

He said the Demjanjuk conviction has opened the door to prosecutions he never thought possible before.

THE ASSOCIATED PRESS

"Time is the enemy here."

ELAN STEINBERG, AMERICAN GATHERING OF HOLOCAUST SURVIVORS AND THEIR DESCENDANTS

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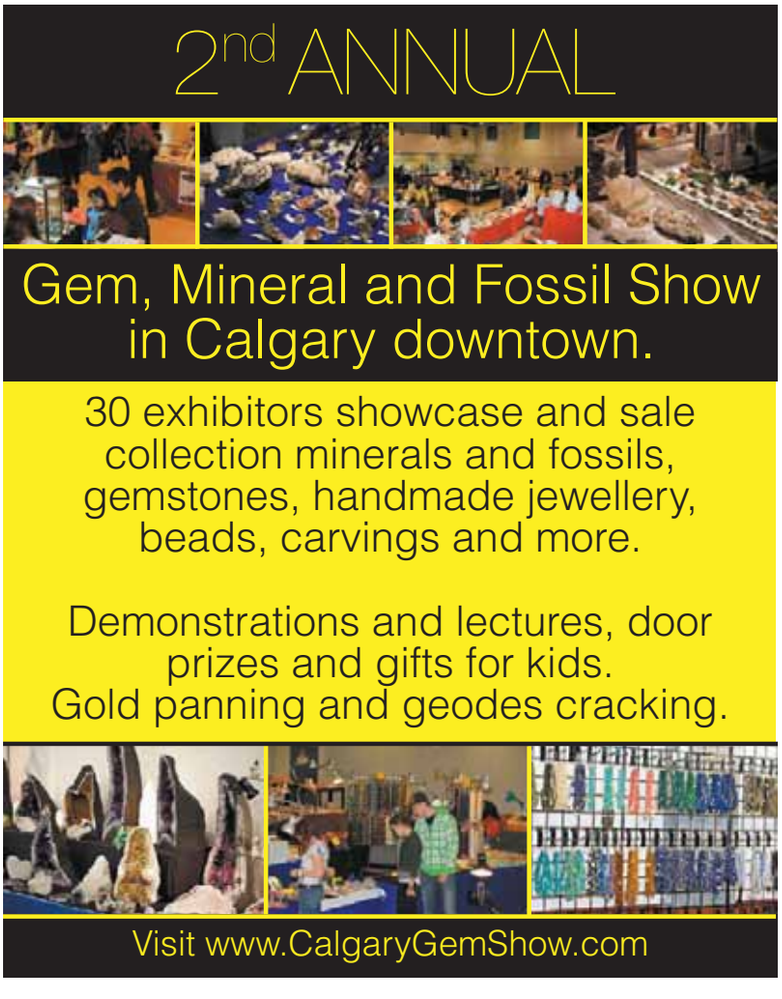

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Netflix dodges regulation calls

No proof that online service has led to drop in TV subscriptions

Online services like Netflix won't be subject to Canadian regulations because there's no clear evidence that consumers are cutting the cord on their cable or satellite TV subscriptions, the CRTC said yesterday.

Online and mobile programming is complementary to the television content distributed by cable, satellite and broadcast systems, the CRTC said.

"There is no clear evidence that Canadians are reducing or cancelling their television subscriptions," said a news release.

"Some online programming services have established viable business models and are competing in the marketplace for programming rights and viewers," the CRTC said.

1M

U.S.-based Netflix has attracted more than one million Canadian subscribers since beginning its online service in this country about a year ago.

The CRTC did not mention Netflix by name, but a 40-member group from the telecommunications, broadcasting, cable and satellite and production sectors had asked the regulator to hold consultations on services like Netflix.

The CRTC acknowledged it hasn't be able to accurately gauge consumer behaviour.

THE CANADIAN PRESS

Greek. Action

▶ Riot police detain a man in Athens yesterday. At least 16,000 protested in the Greek capital, and about 10,000 gathered in the city of Thessaloniki.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greece brought to halt

Civil servants joined protests by walking off the job during a 24-hour strike yesterday, crippling the public sector over ever-deeper austerity measures.

Indian villagers getting 'cheap' tablet computers

India introduced a cheap tablet computer yesterday, saying it would deliver modern technology to the countryside to help lift villagers out of poverty.

The computer, called Aakash, or "sky" in Hindi, is the latest in a series of "world's cheapest" innovations in India that include a $2,040 compact Nano car, $15 water purifier and $2,000 open-heart surgery.

Developer Datawind is selling the tablets to the government for about $45 each, and subsidies will reduce that to $35 for students and teachers.

GURINDER OSAN/THE ASSOCIATED PRESS

▶ A student poses with her new tablet yesterday.

Datawind says it can make about 100,000 units a month at the moment, not nearly enough to meet India's hope of getting its 220 million children online.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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LET'S TALK ABOUT BIRDS AND BEES

HE SAYS ...

JOHN MAZEROLLE
METRO

Listen up, parents. It's time you had a frank discussion with your children about — well, you know, doin' it.

My province is in election mode and sex education became a topic during the campaign, thus proving those "SEX! Now that I've got your attention…" campaign signs my fellow students used in junior high elections were an accurate reflection of our political system.

Regardless of your thoughts about sex-ed in school, we can all agree that sexual education begins at home. (My parents never talked to me about it, but they got cable for the TV in my room, which had the same basic effect.)

It's a problem every generation faces.

When kids ask about sex, parents must first ask questions of themselves: How do I change the subject? How tightly do I plug my ears? Are they ready for the "when two people love each other" lie? Or do I stick with the stork? And so on.

"...so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender..."

But your kid is going to have sex sooner or later (take a moment here to get your heart started again), so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender and all those other fun facts your kids are just clamouring to know.

To help, here are a few tips:

• Remember that you and your children probably have different ideas about what makes for a proper sexual education. They may be expecting Cosmo-style lessons like "57 positions that drive him wild" and "Proper hickey removal," but it's important you stay the course and stick with such adult classics as "Triplets: More common than you think" and "Herpes: Your life-long friend."

• Speak in terms they can understand. For example: "Son, if you sleep around when you're drinking, you're going to end up with regrets. Other people will hear about it, and suddenly everyone's yearbook write-up will mention how you slept with "that" girl. Now, do you want that?"

• Never be afraid to rap. Kids love rap. A clever rhyme scheme based on a simple message like "Hold on to your hormones" will let your children know that you can riff on bodily functions just like Eminem.

• Explain how sex leads to marriage in much the same way that, in the Star Wars movies, anger leads to the Dark Side.

Now you're prepared. With these tips, you'll be able to share with your offspring in elaborate and sometimes graphic discussions.

Or, barring that, just get them cable. It'll do the rest.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

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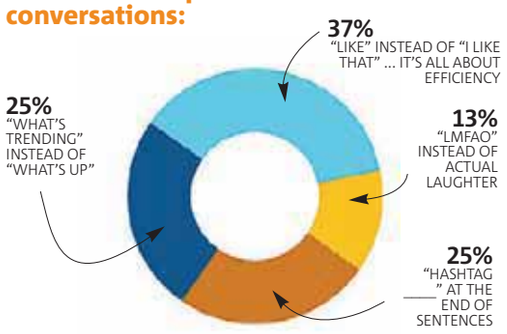
What online language would you most like to see adopted in real conversations:


37%
"LIKE" INSTEAD OF "I LIKE THAT" ... IT'S ALL ABOUT EFFICIENCY
13%
"LMFAO" INSTEAD OF ACTUAL LAUGHTER
25%
"HASHTAG" AT THE END OF SENTENCES
25%
"WHAT'S TRENDING" INSTEAD OF "WHAT'S UP"

Local tweets

- **@Gaspar Andrea:** This Paxton case in #YYC sickens me. Especially after reading "Paxton smirks as the 2nd alleged victim testifies"
- **@schwet11:** Why do I always seem to take the wrong c-train when I am downtown #confusing #yyc
- **@winejennifer:** I've never seen lululemon pants and cowboy boots before. Lol. #yyc
- **@becca_turner:** Legit feels like there's snow in da air #yyc
- **@kenwtong:** Can it be? Shaw is finally carrying Food Network HD. Channel 232 in #YYC.
- **@andrewboulton:** Eventful math class so far. I've decided to memorize pi. 3.141592654. That was from memory. I'm on a roll. #pi #math #bored #yyc
- **@loyalnucksfan:** @Shawinfo more fail... 2 phone calls 45 min in line and no one saved my info... Serious #fail #yyc what is going on??
- **@bthompsonyyc:** Dear #yyc. Bring me more musicals. I'm missing out living here. Love, Brennan

Worth mentioning

During high season in the Kenyan luxury resort area of Lamu, foreign tourists snorkel by day and sleep in rustic dwellings with woven coconut leaves for doors. Now they're leaving town early and cancelling reservations after gunmen kidnapped two Europeans and killed another in only a month.

Already, droves of workers who depend on tourism in this gorgeous but poor corner of East Africa are losing jobs.

Hours after a French woman was abducted last weekend, eight guests checked out of Stefano Moccia's nearby hotel and hurriedly boarded a plane. Usually busy taxi boats now lay idle along the coasts.

"This season is over. That is for sure," said Stefano Moccia, who has fired nearly half his 100 staff in just two days.

Nervous hotel owners like Moccia are urging Kenya's government to step up security in this area long popular with tourists and rich Kenyans. High tourist season traditionally begins here in November, but the $1,800 US-a-night rooms could sit empty and the beaches bare.

THE ASSOCIATED PRESS

Changing. Gears

▶ A bicyclist enjoys the unseasonably warm weather — nearly 27 C — as he rides past vivid fall colours near Lake Nokomis in Minneapolis yesterday.

JIM MONE/THE ASSOCIATED PRESS

Photo of the day

Calgary's forecast for today is rainy with a high of 10 C. Tonight's expected low is 8 C.

WEIRD NEWS

Higher purpose for grow-op equipment

Equipment seized from a U.S. marijuana operation is going to be used to grow a different kind of herb — and vegetables, too.

Delaware County District Attorney G. Michael Green tells The Philadelphia Inquirer the equipment taken in May from a sophisticated marijuana growing operation will go to Cheyney University and a Philadelphia community development corporation's Urban Food Lab.

Authorities say the raid at a former Chester drugstore yielded industrial generators, grow lights and hydroponic plant containers.

The Inquirer report says Partnership CDC's Urban Food Lab grows greens, lettuce, peppers and broccoli. An on-campus business at Cheyney already uses hydroponic techniques to grow basil that's sold to local supermarkets.

Cheyney professor Steven Hughes puts the value of the donated equipment at tens of thousands of dollars.

THE ASSOCIATED PRESS

metro

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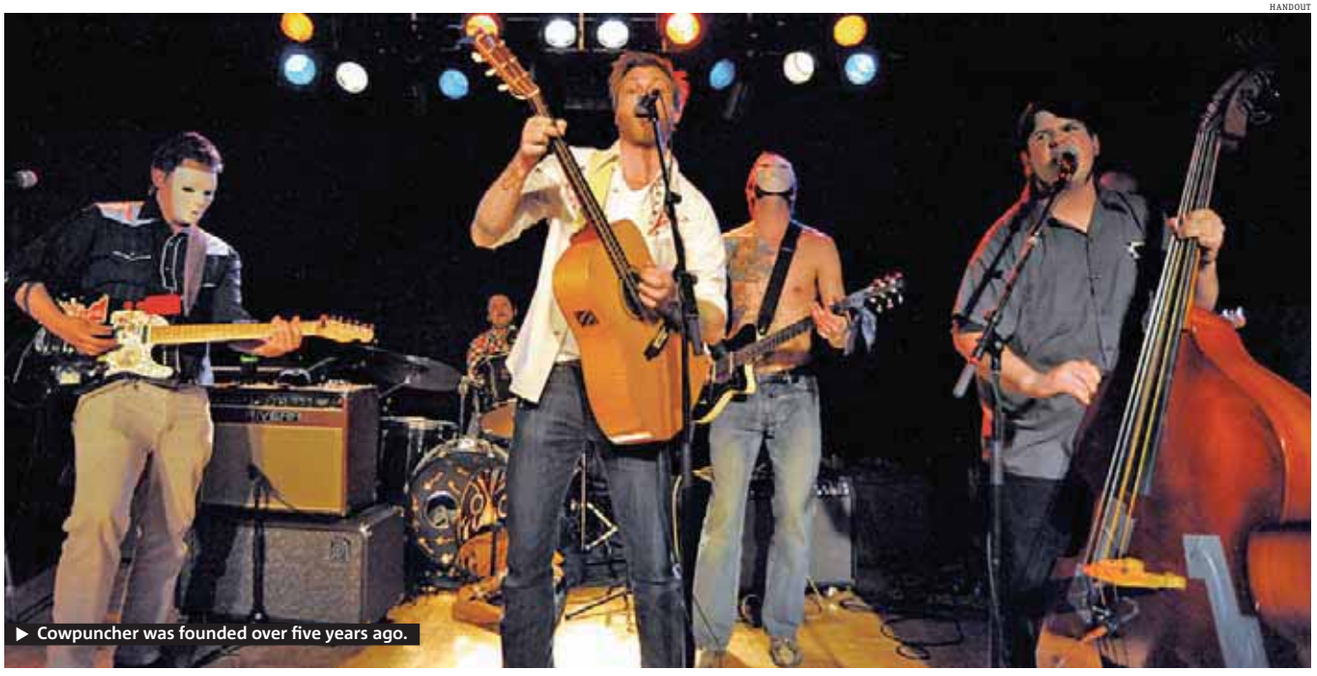


▶ Cowpuncher was founded over five years ago.

Stepping into the punch

Cowpuncher packs a wallop with its rock 'n' roll flair Check them out at Republik

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

When you can't think of a name for your band, what else is there to do besides rely on a random word generator circa the Internet?

That's exactly how Cowpuncher came to be, according to founder Matt Olah, who is getting ready to release the band's latest album Call Me When You're Single tonight at The Republik (219 17 Ave. SW). If you haven't heard them before, the best way to describe their sound is that it's almost as random as their name.

Granted, I'm saying this from the perspective of a girl who loves her hip hop, but to my credit I grew up listening to the classics from all sorts of genres.

All I can say is Cowpuncher sounds like Buddy Holly had an awesome threesome with a banjo and cello.

Notable

What you need to know about Cowpuncher.

▶ **Facts** Cowpuncher is actually a name for lower ranking cowboys and the group uses tough love to keep everyone in check.

Olah credits the unique sound to a very interesting creative process.

"We spent about four months jamming a few times a week and planning how to best approach each song prior to recording. We were knocking off three or four songs a day," he says. "Then, we recorded it in an old church in the dead of winter. Over the course of two weeks, we were struck by this horrid flu. Each of us took a turn crawling around sick but no matter how sick we were, we still pulled ourselves together and spent about 10 hours a day recording."

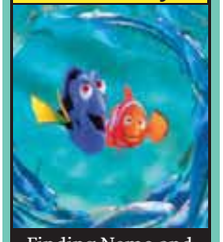
With a humorous tone, Olah insists you can hear the cold and aching on the record; however, tonight's event is sure to be hot.

This band of six, including Scott Martin, Harley Hoeft, Ryan Kelly, Jeff Sulima, Tynan Groves, Shawn Canning and Olah definitely know how to light up a room.

After months of preparation and with their rock 'n' roll flare, Cowpuncher's new songs will make you move, tip a few back, and regret that you stumbled home a few hours before you have to be back at the office. Show kicks off at 8 p.m. tonight with the $15 cover including a copy of the new CD. For more information, visit WePunchCows.com.

2 scene

Walt Disney



Finding Nemo and The Little Mermaid are among multiple Walt Disney tales that are following The Lion King into 3D mode on the big-screen. Over the next two years Disney is releasing multiple titles in 3D.

THE ASSOCIATED PRESS

'French Immersion' director Kevin Tierney says film isn't political

Put 'em up Hugh

Aussie actor Hugh Jackman stars in family-friendly film Real Steel

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

If you've seen the posters for Real Steel, you know Hugh Jackman can look fearless, especially with a boxing robot behind him.

But there is a pivotal moment in Hugh Jackman's life that will always stick with him: singing in public for the first time.

"I've never been that scared again. That was 15 years ago. July 26, 1996," he says. "I was asked to sing the national anthem at a very big rugby match down in Australia — millions of people watching, a 100,000 people in the stadium, and I had a panic attack the night before. I was terrified."

And with good reason, it seems, as the stakes were certainly high.

"I had in my head, right or wrong, that if I screwed this up, it's over. I had seen people booed off singing the national anthem badly and never work again. Australia's a small place, right?" he says. "Now, if I had been booed off — if things had not gone well — I know I wouldn't be here today. ... Had that not gone well, I may never have had the confidence to do other things. Without that moment, I would never have hosted the Oscars."

His latest film, Real Steel — designed to be a family-friendly, rousing crowd-pleaser — seems well-suited for a franchise, but Jackman shies away from discussions of a sequel.

"It's not the right time to be talking about it," he says. "It's kind of like the week before the Super Bowl saying, 'Do you think you'll be in the Super Bowl next year?'"

That being said, it doesn't mean the idea isn't already in motion.

"I know it's being written, and I know in a way it's planned and that's always been there," he admits. "I have signed on for one if there is one, but none of us involved are thinking beyond October 7, trust me. That's not the mentality you have."

Besides, Jackman — as both an actor and a producer — is far too familiar with how hard it can be to get a movie made, even a "sure thing."

"In my experience — particularly with X-Men, I don't know why — there's never been an easy ride," he says. "There are I can't tell you how many reasons or potholes that could derail any movie, and it's sort of miraculous it gets made and gets out there. So I never really take it for granted."

So instead of diving into Real Steel 2, Jackman is heading back to Broadway for a 10-week run of a one-man show before he films Tom Hooper's take on the musical Les Miserables, followed by the next Wolverine film.

Having played the character for more than a decade, it's something that comes quite naturally to Jackman.

"I play it at home, obviously," he says. "For parental control, it really helps."

KEVIN WINTER/GETTY IMAGES

▶ Hugh Jackman arrives at the premiere of Real Steel in California on Sunday.

Canadian director has high hopes

If the Canadian director helming Real Steel has his way, the new robot-boxing movie executive produced by Steven Spielberg will definitely get a sequel and maybe even a slew of them.

The film, a mixture of Rocky and E.T.: The Extra-Terrestrial with a touch of Transformers, is set in a not-too-distant future when robots replace humans in the professional boxing world.

Montreal-born Shawn Levy thinks there's a good chance that Real Steel will become a big screen franchise, and he gives a lot of credit to his pint-sized Canadian star Dakota Goyo, who just turned 12.

"I certainly directed him a lot but there's some scenes where I just got out of the way because that boy is talented, that boy has that extra something that Ricky Schroder had in The Champ, or that Elliott (played by Henry Thomas) in E.T. had," Levy said.

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Depp accepts 'stupid money' for his kids

Johnny Depp says at this point he works for 'stupid money' for his family, not himself

PHOTOS: GETTY IMAGES

▶ Johnny Depp says photo shoots make him feel like he's 'being raped.'

Johnny Depp is not a fan of getting his picture taken. In fact, when it comes to photo shoots, "You just feel like you're being raped somehow. Raped. The whole thing," the actor tells Vanity Fair.

"It feels like a kind of weird — just weird, man. Whenever you have a photo shoot or something like that, it's like — you just feel dumb. It's just so stupid."

But Depp, who's made a fortune from the Pirates of the Caribbean movies, isn't so much afraid of stupid things, including stupid salaries. "If they're going to pay me the stupid money right now, I'm going to take it," he says of some of his film roles. "I have to. I mean, it's not for me. Do you know what I mean? At this point, it's for my kids. It's ridiculous, yeah, yeah. But ultimately is it for me? No. No. It's for the kids."

METRO

Cox, Arquette in 'friend zone'

While David Arquette and Courteney Cox have remained close throughout their year-long separation, a rekindling of their marriage doesn't seem likely, Arquette admits to Access Hollywood.

"We're pretty much in the friend zone," he says.

METRO

Seyfried swears off famous boys

While she remembers her relationship with Dominic Cooper fondly, Amanda Seyfried says dating Ryan Phillippe has put her off dating other celebrities.

"Dominic and I were together for such a long time, so the coverage was always positive, but when you've just started seeing someone and that person is really famous, it's more of a story," the actress tells Glamour magazine.

METRO

Celebrity tweets

"Socrates said 'the unexamined life is not worth living.' But the examined life is seldom worth talking about."

@DaveSFoley

@DitaVonTeese

"The real reason I'm not a stoner is because it makes me crave Manwiches, corn dogs, cheeze whiz & carnival food."

@lisarinna

"Here's my Question — now I'm onto the MJ trial — did MJ's kids know that he had to be put to sleep every night by a doctor?"

@SethMacFarlane

"Thing I've never said #476: 'Hey, you mind if I put on some Smash Mouth?'"

▶ Leonardo DiCaprio

Blake and Leo call it quits

While they never officially acknowledged that they were dating, Leonardo DiCaprio and Blake Lively have split up, both of their reps confirm, according to Hollyscoop. The pair first turned heads at the Cannes Film Festival earlier this year and reportedly dated throughout the summer. While DiCaprio is still in Australia filming the Great Gatsby, Lively was spotted over the weekend in Boston sharing an intimate dinner with Green Lantern co-star Ryan Reynolds.

METRO

Things get hot and steamy on Ashton's anniversary

New details reveal that while Ashton Kutcher didn't spend his recent wedding anniversary with wife Demi Moore, he reportedly was far from alone.

According to Us Weekly, the Two and Half Men star was partying in his San Diego hotel suite with not one but two young female companions.

"Within five minutes, they were all naked in the hot tub, making out," a source tells the magazine.

▶ Ashton Kutcher

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3 life

Springtime in Paris

- At Paris Fashion Week, last spring's sexy, vampy looks were replaced with crisp A-line frocks, tailored trouser suits and romantic dresses
- Chanel hit all the right notes, while other designers played it safe

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In brief

BEST IN BOOTS

The iconic Canadian company Cougar Boots has revisioned one of its most popular models. The Cougar Pillow Boot, which was a staple of women's winter wardrobes for a number of years, has returned. The new Pillow still has the red fleece tongue and puffed leather that made the original so popular. Visit cougar-boots.com.

METRO

Following umpteenth designer departure, Emanuel Ungaro changes strategy.

GETTY IMAGES

BEST IN SHOW: CHANEL

In what turned out to be the week's most gorgeous show, Karl Lagerfeld created an ivory, aquatic wonderland with models dressed in ethereal dresses, suits, separates and swimsuits that looked like shimmering saltwater pearls. Few designers today can produce such a large collection (a whopping 85 looks) with a singular vision that doesn't look repetitive and maintains a couture-level quality from beginning to end. The excitement in the room was palpable. In short, this is what Paris Fashion Week is meant to be.

GETTY IMAGES

HIGH HEMLINES: STELLA MCCARTNEY

For spring, McCartney continued the seductive streak she started for fall, only she replaced last season's sheer, body-con dresses with crisp, A-line frocks that revealed miles of leg. They were sporty with a flourish; each look came with contrasting coloured swirls that surfed their way along the hemline and up the torso. But everyday working women might find themselves gravitating toward her mannish wide-leg trousers and leisure shirts. They came in a variety of prints that resembled those found on men's ties.

GETTY IMAGES

TEMPERED GIRLY-NESS: CHLOÉ

Enter Clare Waight Keller, the latest Brit to move into the French house, who debuted her first collection for Chloé on Monday. Her clothes had the breezy femininity the house has become known for in the form of drop-waist dresses and soft, chiffon pleats. But she tempered the girly-ness with cotton T-shirts and button-down blouses that were slightly tomboyish. It was a sweet collection, but it felt more like a quiet arrival than a momentous debut. Here's hoping that changes come next show season.

GETTY IMAGES

ROMANTIC AND WEARABLE: GIVENCHY

After last season's vampy, sex kittens, Riccardo Tisci's quieter, romantic clothes for spring looked like a palette cleanser. Gone were the black cat graphics, latex and sheer skirts. Instead, he produced tailored jacket and short combos (a definite trend for spring) and trouser suits in the softest pink. They were wearable and practically sweet, a word you don't normally associate with Givenchy. Though a series of slinky mini-dresses with strategically placed sheer cut-outs that revealed naked breasts were classic Tisci.

GETTY IMAGES

JEWEL TONES: YVES SAINT LAURENT

For the past few seasons, each of Pilati's collections have been shown against speculation that his days at Yves Saint Laurent are numbered. But it didn't show on the runway. His sophisticated A-line coat dresses, elegant trouser suits, romantic cocktail dresses and dramatic evening gowns were all beautifully constructed and seemed to pay homage to the history of the house. Pilati's jewel-toned collection was cool and polished, perhaps too much so.

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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Will NEVER get used to the idea of coming to a McQueen show without McQueen. I miss him so much. Sure the show will be great. But somehow...

- **@Jeanne_Beker:** Lots of texture + flounce at McQueen
- **@Jeanne_Beker:** Dazzling gowns at McQueen
- **@kadejovacs:** Thank you @Jeanne_Beker for shining some light in the depths of my work day with your fashion twit pics
- **@Jeanne Beker:** xoxo!

▶ Dazzling gowns at the McQueen show.

- **@Jeanne Beker:** Selma Hayek says you can feel how Sarah Burton was able to channel McQueen for this stellar collection. They're inextricably connected.
- **@HumandChuck:** She worked so long with him ... always there to see the process.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Easy lifestyle tweaks for better living

THE KIT

BY ERINN STERINGA

A few tweaks to your lifestyle can make a big impact on your health.

GET MORE VITAMIN D

According to Statistics Canada, about two-thirds of us aren't getting optimal amounts of vitamin D. And since low levels of the sunshine vitamin have been linked to osteoporosis, heart disease, certain cancers and depression, it's important to get your share.

Try the tweaks:

- Get outside and enjoy a few minutes of sunshine every day.
- Consider a supplement — Osteoporosis Canada advises 400 to 1,000 IU daily.

BE A SOCIAL BUTTERFLY

Researchers at Brigham Young University analyzed 148 studies involving more than 300,000 people and found those with strong social relationships were 50 per cent less likely to die early than those with few close ties. In fact, lack of social interaction was just as detrimental to longevity as excessive alcohol consumption, more harmful than physical inactivity and twice as risky as obesity.

Try the tweaks:

- Make socializing a priority. Organize a dinner party, join a softball team or start a book club.
- Say yes to more invitations, even on weeknights.
- Make standing dates with old friends, even if they live across town.

HAVE BETTER SEX

A study in The Journal of Sexual Medicine reveals that regularly striking a yoga pose can improve arousal, desire and orgasms. Interestingly enough, women over 45 seem to benefit the most. So given the strong link between a healthy sex life and overall health and longevity, consider the big "O" just one more reason to say "om."

Try the tweaks:

- Buy a 10-pack of yoga classes or a studio membership so you'll be more inclined to go.
- Schedule yoga like you would an important meeting — and follow through.

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Fashion-forward turtlenecks

This wardrobe staple is enjoying rekindled interest as a must-have item this season It's all about fibre and fit for easy, refined looks

From grunge to mod to preppy, the basic turtleneck — one of those wardrobe workhorses — can morph into almost any look you want it to be. It's a bonus that it's considered a fashion-forward item this season.

"I can extol the virtues of the turtleneck," says Tracy Taylor, U.S. editor for Net-a-Porter's online magazine. "You can always transform into someone chic with a turtleneck and pants that are slightly clean — in a similar colour to the turtleneck. Put on flats, and instant Audrey Hepburn."

TV fashion commentator George Kotsiopoulos says the return to the mod look of the 1960s rekindles interest in the turtleneck beyond a layering tool under a ski sweater.

"Look for turtlenecks in superfine cashmere knits to wear under sleeveless shift dresses, menswear vests, 'boyfriend' style, which is great with leggings or skinny jeans for those comfy days, and body-conscious fits for trousers or even a bodysuit style for sleek looks with pencil skirts," he says.

There's also the easy-yet-refined layered look of a turtleneck under a button-down shirt, suggests Banana Republic creative director Simon Kneen. Banana Republic's upcoming holiday collection was purposely styled this way for women and men.

If you don't want to be fully covered up, Kneen says a cowl neckline, basically a draped turtleneck, is an option to still show off your jawline and jewelry. **THE ASSOCIATED PRESS**

AP PHOTO/NET-A-PORTER

▶ A Missoni turtleneck paired with a Michael Kors vest.

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Everything but the turkey

Add some sparkle, shine and a few new colours to this year's Thanksgiving dinner table

DESIGN CENTRE

KARL LOHNES
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When I was as young as five years old my inner decorator had me volunteering to create the Thanksgiving centrepiece for the dining table.

I'd collect fallen branches, rusty-coloured leaves and pinecones to make an elegant arrangement in the middle of the table.

Looking back at old family photos I realized that my hodgepodge of outdoor elements looked more rustic than elegant.

Today's festive tables are a little more than just old leaves and branches.

But there are many affordable ways to have an impressive table while keeping a budget in mind.

Here's how I will be decorating the Thanksgiving table this weekend.

Choose a table colour scheme

I've decided to mix neutral colours like brown and grey in my dishes and add trendy colours like orange, reds and greens.

If you (or your parents) have vintage Denby pottery in oatmeal or stone colours then bring it out for an earthy, pottered look for this year's celebration.

I'll be using the pewter collection from Corelle — the unbreakable dishes have some great trend-setting colours and patterns that fit right in with my busy lifestyle and will be perfect for those clumsy friends of mine. Also, at less than $20 per place setting, I've stocked up with anticipation of upcoming holiday buffet parties.

Add some dazzle

As casual as the inexpensive dinner ware means adding some elegance to the table.

Layering some silver charger plates under the dishes will boost the image, and pulling out the oversized Riedel wine glasses will make everyone feel like a king and queen at the table.

Consider buying the right size and shape of glass for the wine that you most enjoy drinking. That way you can afford such a small luxury for entertaining.

I will also be breaking tradition and surprising my guests by serving a red wine with the turkey dinner.

Wine experts say a good Pinot Noir (try the Sterling Vintners Collection Pinot Noir for around $15) is a good choice as it is light and peppery and goes well with the elements of a turkey dinner.

A personal touch

After dinner I'll be serving a fabulous root beer float with vanilla ice cream and a shot of Captain Morgan Deluxe rum.

Sounds like a funny combination but it's a big fall favourite of mine when entertaining. Everyone loves it — especially with the scoop of vanilla ice cream!

Spice up the table

I like to mix fresh flowers, mini pumpkins and leaves with artificial elements.

A tiny pumpkin used as a vase with two or three silk flowers makes for fun individual arrangements at each place setting.

The mini pumpkins are also great as a votive candle holder and when boiled in simple syrup, they make tasty and edible bowls for serving dessert.

Go glam

I like the layer the table with luxurious fabrics to set the tone of an eclectic meal. A lush throw, washable silk quilt or faux fur often help to add the glam factor to the table.

In Europe, the trend of using bright coloured Moroccan rugs on the tables inspired me to try this at home.

POTTERY BARN

▶ A harvest feast.

POTTERY BARN

▶ Colourful faux leaves, $20, Pottery Barn.

CRATE & BARREL

A fun touch

Don't forget about under your dining table:

- **Fall foliage:** I like to scatter real and coloured paper leaves under the table and chairs.
- **Guests** will love the look of the fall ground cover when they enter the room!

CONTRIBUTED

▶ Fine stemless wine glasses add an elegant yet casual feel to the table; $24/set, Riedel.

WEST ELM

▶ Quilts and throws add instant personality to a table when used as coverings. $110, West Elm.

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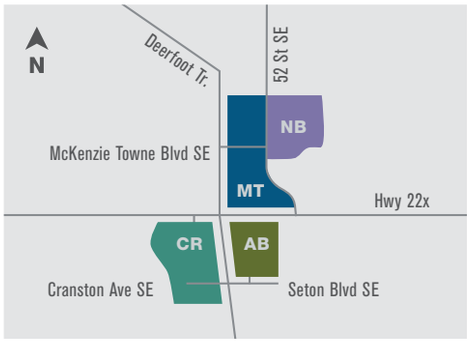


Create a gorgeous guest room

- Make your house guests feel like royalty when visiting
- Warning: Your in-laws may come to stay and not leave

DIY IDEAS

Turn your typical guest bedroom into an elegant hideaway using these tips from Marriage Under Constructionon on DIY Network Canada, which follows the stress and drama as newlyweds purchase, renovate and decorate their first homes.

Create a cosy nook
Give your guest a special **reading corner**. Bring in a comfortable chair and adorn it with a soft throw.

Ensure there is a stack of magazines and good books waiting for them, with some personal picks on hand. Set up a variety of pillows on the bed and install lights into the headboard so they can lay back and unwind.

Give them a nice wake up
Most people aren't ready to face the day in the early morning, so bring them **breakfast in bed**.

Purchase a lovely wicker tray that will make a beautiful presentation and adorn it with homemade goodies to make their morning bright.

Have a place to primp
Consider your guests' routine and include a **dressing table**.

Use a small circular table backed with a mirror to reduce space but provide function.

Add a pretty tablecloth or dress it up with antique pieces and fresh flowers to finish off the look.

Let them unpack
Always provide **storage** for your guests.

Find space in the room for a dresser with empty drawers so they can completely unpack during their stay.

Provide hangers for them to use in a closet — don't fill it up with your own storage.

No one wants to flash the neighbours
Provide tasteful **window treatments** that focus on privacy and darkness to allow for a better sleep.

Choose fabric that will darken the room and a design that will minimize the light from slipping in.

If you prefer blinds, choose three- or four-inch slats over one-inch slats to prevent light from getting in between slats.

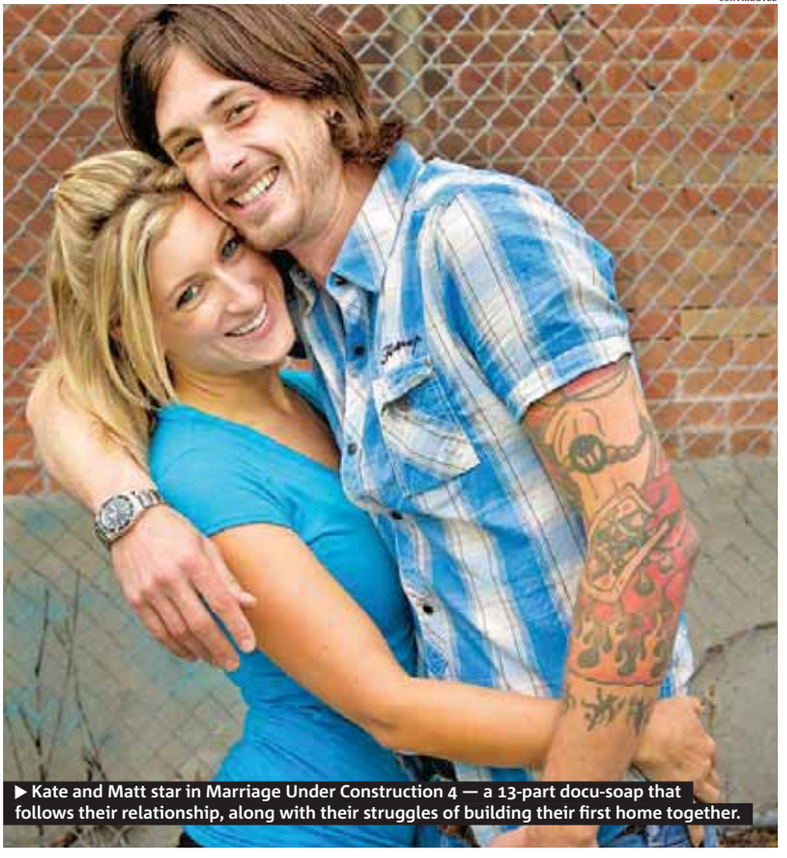
Make a statement
Add your own **sense of style**. You can be more liberal with design in this room since you don't see it or use it every day.

Try new colours that are richer and bolder, and include textured accents like throw pillows with braids and blankets with fringe.

Reupholster accent pieces in a statement pattern and dress up plain flooring with a rug.

MARRIAGE UNDER CONSTRUCTION AIRS MONDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

CONTRIBUTED



▶ Kate and Matt star in Marriage Under Construction 4 — a 13-part docu-soap that follows their relationship, along with their struggles of building their first home together.

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Dear Charles the butler, What is the difference between powdered vs. liquid laundry soap and do I really need to worry about this? Cathy

Dear Cathy,

There is a very big difference between the two soaps.

First, my dear friend Sally from Miele taught me the following golden rules about laundry soap.

1. Powdered laundry soap is best for dirt.

Powder traditionally foams and you never want this in a front loader as it is harder for the front loader to get rid of excess soap.

2. Liquid laundry soap is best for oil and grease.

"HE", which stands for high efficiency, deals with reduced foaming in the machine, thus creating a better and more successful rinse cycle.

HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

ISTOCK

▶ The great debate: powdered vs. liquid soap.

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Coast to Coast

A guide to properties in various price ranges in eight Canadian cities

CONTRIBUTED

CALGARY
"First-time buyers can find a wide range of homes at all price points in Calgary."
— Norb Park, managing broker at Sotheby's International Realty Canada
<$300,000
There are new highrise condos in the downtown starting from $190,000 and townhomes in suburban areas from $275,000.
$300,000 – $400,000
A budget of more than $350,000 can open the door to a starter home in the suburbs.
>$400,000
For $599,900, you could get a riverfront condo in SE Calgary.

ABOVE: This Sotheby's International Realty Canada property is listed at $599,900.

COURTESY OF REALTORS ASSOCIATION OF EDMONTON

EDMONTON
"Price is so much about what your lifestyle will accommodate." — Chris Mooney, president of the Realtors Association of Edmonton
<$300,000
A middle-of-the-road condo or a 1,200-square-foot townhouse.
$300,000 – $400,000
An average bungalow in an older established neighbourhood such as Kildare, Goldbar or Greenfield.
>$400,000
Up to $500,000 is taking you into an average newer detached home. In condos, you will get just about anything you want.

ABOVE: For between $350,000 and $400,000, this property is centrally located on a treed lot.

COURTESY OF ROYAL LEPAGE

OTTAWA
<$300,000
You can buy a cosy, three-bedroom home in the Briarbrook/Morgan's Grant area for $274,900.
$300,000 – $400,000
A semi-detached home in Ottawa's Bridlewood area has three bedrooms, three baths and an asking price of $339,900.
>$400,000
A three-storey, 3,600-square-foot home with finished basement, five bedrooms, four baths and pool in Stittsville, a suburb of Ottawa, has an asking price of $649,900.

ABOVE: This cosy, three-bedroom house was listed by Royal LePage at $274,900.

COURTESY OF TORONTO REAL ESTATE BOARD

TORONTO
<$300,000
A two-bedroom bungalow on a 22x169-foot lot in the Dufferin and Eglinton area is listed at $239,900.
$300,000 – $400,000
There are lots of condos in this price range around the city including a bright, midtown one-bedroom plus den listed at $374,900.
>$400,000
Older, established neighbourhoods like The Bridle Path, Forest Hill and Rosedale always increase in value with prices in the millions of dollars.

ABOVE: A condo in this midtown building was listed at $374,900.

PHOTO COURTESY OF ROYAL LEPAGE

LONDON
<$300,000
A 2,100-square-foot penthouse condo has an asking price of $299,900.
$300,000 – $400,000
A spacious home with three bedrooms, three bathrooms and an asking price of $354,500.
>$400,000
At the high end, a four-bedroom, four-bath home in London is priced at $774,000.

ABOVE: This property has a listing price of $354,500.

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HALIFAX
"The average sale price in Halifax is around $260,000, although you can spend $685,000 in a higher end downtown market."
— Paula Langille, Royal LePage Atlantic
<$300,000
Between $150,000 and $220,000 will get you a semi-detached house or condo.
$300,000 – $400,000
This category, in general, is second homebuyers moving up into the next price bracket — and a larger house.
>$400,000
Bedford, Eaglewood, Shore Drive and the Ravines neighbourhoods are all in the $600,000 plus area.

ABOVE: A family stands in front of their new home in Dartmouth. It had a purchase price in the low $200,000 range.

PHOTO COURTESY OF ROYAL LEPAGE

WINNIPEG
"We used to have a very large stock of lower cost, under a hundred homes in the downtown area — those are now hard to find. They have seen, percentage wise, the most significant increase."
— David Spiers, Royal LePage

<$300,000
A little, two-bedroom bungalow on Arlington Street in Winnipeg has 792 square feet and is priced at $89,999.
$300,000 – $400,000
A nice condo on Wellington Crescent has two bedrooms, two bathrooms — and 1,569 square feet.
>$400,000
A four-bedroom house is listed at $949,500 at 238 Portsmouth Blvd., with 3,400 square feet set on a 98x280-foot lot.

ABOVE: A nice condo in this building was listed for less than $400,000.

CONTRIBUTED

VANCOUVER
"We're in a buyer's market for sure."
— Ryan DeLuca, Sotheby's International Realty
<$300,000
You could get a studio in the city or an older one-bedroom condo that's going to require some significant renovations; you could also get a townhouse in the suburbs.
$300,000 – $400,000
You're looking at a small, one-bedroom condo in downtown Vancouver. You could get a larger space just outside the city on the east side of downtown, which is becoming a more artsy, trendy area.
>$400,000
A detached home in Vancouver will cost more than $500,000.

ABOVE: Spending more than $400,000 will get you a beautiful space in Vancouver.

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▶ Buying a home for the first time can offer many obstacles, from financing to choosing the right area.

Home sweet Home

Metro goes house shopping with three new homebuyers

Meet Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, who want to start a family. They are both shopping for a place to live and neither have previously owned their own home.

While Stanton is a single man about town and wants a place that is easy to live in and "a solid bet for a good return on investment," the Rushtons are focusing more on finding a place that will accommodate their plans to have a family.

In any case, the first thing both buyers should do, says Chris Mooney, president of the Realtors Association of Edmonton, is to sit down with a mortgage broker or bank to see how much money they can borrow … which is what they do. The Rushtons come back with $250,000, while Stanton gets a $400,000 limit.

Next stop: Meeting with a real estate agent to talk about options. The Rushtons could get a two- or three-bedroom townhouse in the suburbs, and they will want to check out schools and transportation in the area, too.

On the other hand, a 1,000-square-foot downtown condo might be exactly what Stanton wants. Mooney says Stanton's hefty 25 per cent down payment and big budget opens the market up considerably.

"There's a lot of new condos in the downtown market," Mooney says. "It's a sound investment with the convenience of living downtown."

Charlotte Hansen, a Halifax-based realtor with Royal LePage, reminds both to factor in monthly bills for a complete financial picture of what they can afford.

She directs the Rushtons to the suburbs, too. The further out they go, the bigger the houses and yards get.

Stanton spends a lot of time at his downtown office, so a quick walking commute trumps the need for a bigger home. "If he's working a lot, he probably will be looking for something with lower maintenance," Hansen says.

He won't have to worry about shovelling snow or cutting grass and when he leaves on business trips, he just has to lock the door and walk away.

JON TATTRIE

"In any case, the first thing both buyers should do, says Chris Mooney, president of the Realtors Association of Edmonton, is to sit down with a mortgage broker or bank to see how much money they can borrow … which is what they do. The Rushtons come back with $250,000, while Stanton gets a $400,000 limit."

How to shop right

There is a lot to remember when shopping for that picture-perfect home. Here is a checklist:

DO hire an agent. "Agents save you time, know of new listings that aren't yet on the market and can spot overpriced listings," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association.

DO get pre-qualified for a mortgage before looking so you know what your price range is.

DON'T forget to research the market. "Look around so you can buy what best suits your needs," she says.

DON'T skip the home inspection. "Home inspectors will tell you the condition of the home and what costs you're facing in the next five to 10 years," notes Sukkau.

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Mosaic Lakeside in Auburn Bay

ISTOCKPHOTO/THINKSTOCK

▶ Consider many factors when choosing your first home, including if you want a big front yard for kids.

What's the best fit for you?

There are many choices to make when looking for that perfect home

You are excited to be shopping for a new place to live. But there's so much choice available. Should you buy a condo or single-family home? A resale or a new build? How to choose? Here are some tips to consider before you start making any decisions.

Condo versus single/ detached home

"There are pros and cons to both," says Paula Langille, realtor with Royal LePage Atlantic in Halifax.

A condo generally means more carefree living with condo fees covering general upkeep and maintenance.

"That being said, you don't necessarily have the freedoms you would in a detached home or the outdoor spaces you may wish for," she says.

Consider your circumstances. If you like to garden and putter in a workshop, then a home might be for you.

However, if you prefer to be in the heart of the urban action (like our new homebuyer Joe Stanton), a condo might make more sense.

Old home or new home?

OK, you have decided on a home — should you look at a resale home or a new build?

"An older home has more maintenance involved. If we sell a home built in 1910, many people are scared away from a home like that because they're draftier and heating bills are higher. But people who buy those 1910 character homes tend to 'get' them. They like the museum-like quality and charm," says S.D. Grinton, associate broker for Royal LePage Benchmark in Calgary.

As for new homes, you might have some customizable choices, depending on your budget, which is admittedly smaller for first-time buyers.

"Finally, costs are ultimately the final consideration. After getting pre-qualified for a mortgage ... consider potential extra costs ..."

Things to think about

Grinton says there are many factors to consider when determining what living space is right for you.

Along with budget, there is commuting (do you like to commute since new builds are often in the suburbs and require commuting into the city) and your relationships (if you are starting a family like our new homebuyers the Rushtons), a detached home with a yard might be the best choice.

"Also, consider your hobbies," says Grinton. In cities, the entertainment district is usually central.

Finally, costs are ultimately the final consideration.

After getting pre-qualified for a mortgage, which helps you determine how much you can afford, also consider potential extra costs — such as condo fees for condos, serious upgrades for older homes and customizing packages and commuting costs for new builds.

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City or the suburbs?

Don't know if you are a city mouse or a, er, suburb mouse? Here are three questions to help figure it out.

1 Do you like commuting? "In urban areas, everything is compact and you can walk or take public transit," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association. Commuting from the suburbs can cost time and money in parking and gas.

2 How much space do you want? Suburban homes are typically larger than city properties if you compare dollar to dollar.

3 Is proximity to amenities important? City life generally means you are closer to amenities. "Just remember, in the city things are more expensive, from food to haircuts," says Sukkau.

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Look at your financial picture

Of course, buying a house costs more than the sticker price you see on the MLS listing.

When Metro new homebuyers Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, started shopping for houses, we spoke to two mortgage advisers to get financial advice.

Before anything, Laurie Foster, an independent mortgage broker with Verico in Winnipeg, says "we need to look at their current financial picture — do we need to restructure other debt?"

All three have been renting and the monthly mortgage payments will be about the same amount. But, Foster says, they now will have to pay for utilities, property tax, Internet and cable.

Foster also recommends setting aside about two per cent of the purchase price to cover lawyer fees, deed transfer tax and other closing costs. Some brokers recommend as much as four per cent.

The Rushtons will likely go with a fixed-rate mortgage (which means the interest rate they are paying is locked in for a fixed period, usually from one to five years) so monthly payments are easy to budget.

Stanton has deeper pockets and will likely go for a variable mortgage rate (which means the monthly interest rate varies depending on what's going on in the market). If interest rates stay low, he could save a bit of money. If the rates rise, he can take a hit.

Both buyers should have a contingency fund that will cover three months of payments in case of layoffs.

Because the Rushtons are paying less than a 20 per cent down payment, says Jamie Small, an adviser with Ottawa Mortgage, they will have to factor in mortgage default insurance, which adds one to three per cent to the total cost.

"We also consider what stage borrowers are in their career. Is their income going to be increasing or is it fixed?" Small says.

Chris Mooney recommends both take a 25-year mortgage. Stanton can pay lump sums on the mortgage anniversary or double monthly payments with his bank bonuses to take a deeper cut out of the balance while maintaining cash fluidity.

In the end, the Rushtons get a purchase-plus-improvements mortgage so they can get a new roof and thick insulation, tacking the $10,000 bill onto the mortgage. And they call in friends and family for the move.

Stanton, valuing time over money, shells out $2,000 for movers.

JON TATTRIE

DIGITAL VISION/THINKSTOCK

Red flags

Wondering if you are touring a money pit? Here are four red flags.

1. Dampness or mould. "Sometimes this can be found around the baseboards and can signal a moisture problem," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association.
2. Cracks in the foundation. "They're easier to find if the basement isn't finished," she says.
3. Curly shingles. A roof with shingles starting to curl and looking rough around the edges indicates an old roof. "Also, when you're walking through the house, look for cracks or staining in the ceiling. That could indicate a leaky roof," she warns.
4. Wonky floors. Bumpy or uneven floors could point towards a structural issue.

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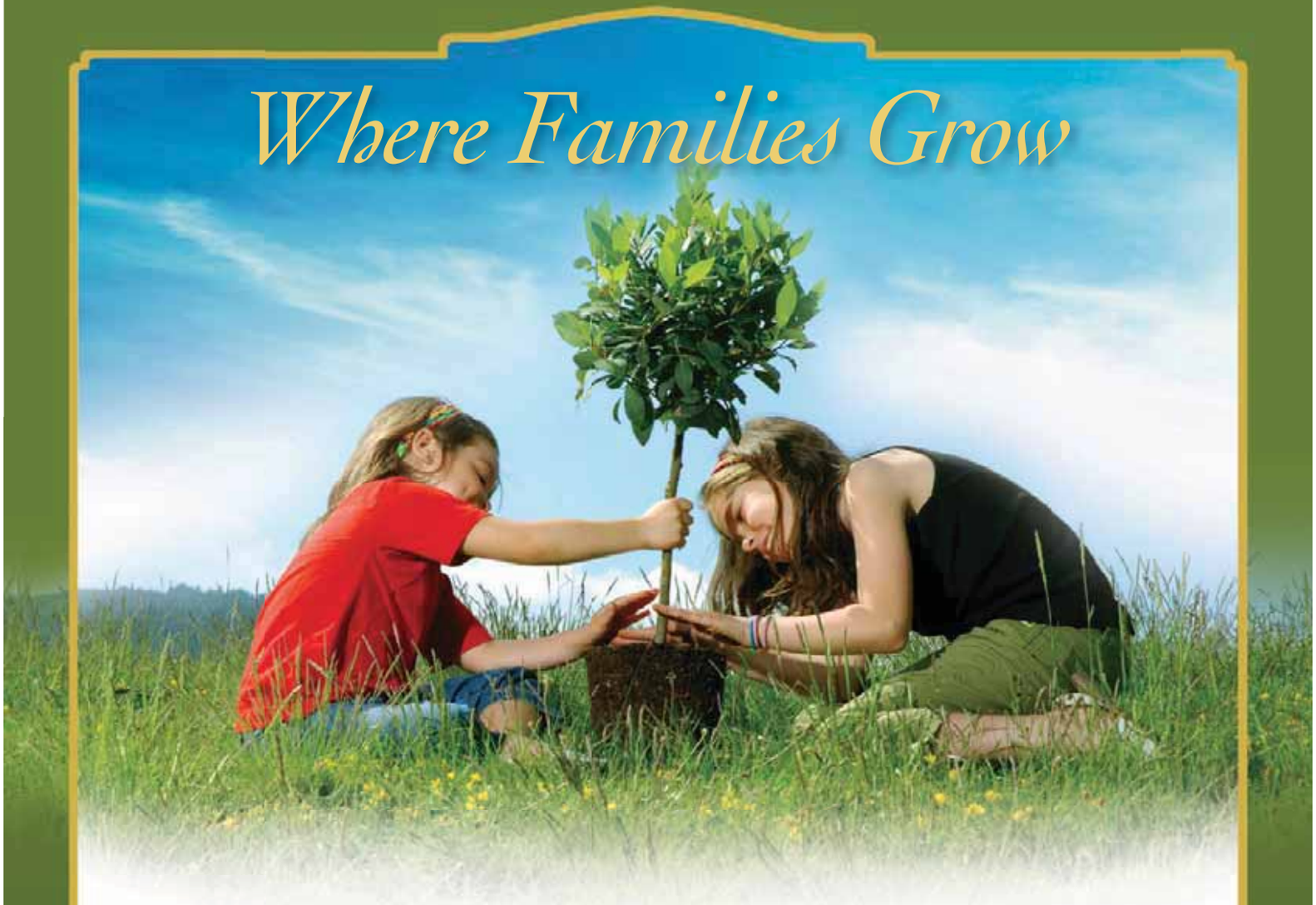

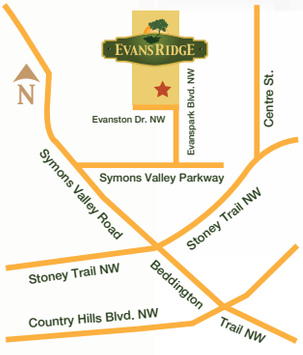

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Let wild kingdom inspire home décor

Antlers, zebra and tiger prints are trending this fall Natural colours and ingredients making their way back

ASTRID VAN DEN BROEK
FOR METRO

HEMERA/THINKSTOCK

▶ Transform your home for the Thanksgiving weekend with natural ingredients by filling bowls with maple leaves, wheat, pears or apples.

As the weather outside starts chilling down, you want to make the inside of your home warm, cosy and inviting for Thanksgiving.

If you are stumped for ideas, Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, shares some thoughts on transforming your home for this yummy holiday weekend.

ADD SOME ANTLERS

That's right, antlers.

"It's a huge home décor trend and people are using antlers in place of wall art or mirrors or above the fireplace mantel or on the mantel itself.

"You can use it on any wall and it's a cool, trendy way to get a bit of the outdoors inside," says Turco.

THINK ZEBRA

Or tiger or leopard print to complete the animal look for fall. "Having prints looking like animal skins inside the house with area rugs, throws and pillows is also a real trend for fall," says Turco.

"It gives you a sense of warmth and cosiness and an outdoor feel without using a real animal, of course."

But don't feel beholden to traditional animal colours — Turco suggests updating a zebra print by looking for it in a brown and taupe combination.

ACCESSORIZE

Again using natural ingredients.

Think of filling bowls with maple leaves, wheat, Bartlett pears or apples.

LOOK AT THE TREES

And bring those colours inside.

Hot colours that are making a comeback include retro palettes such as brown, burnt orange, yellow and a bit of red.

Copper and bronze finishes are also making their way back into homes.

SWAP OUT YOUR VESSELS

Think thicker and chunkier for vessels holding those accessories.

"On a tabletop you could use a simple French country thicker pottery type dinnerware," Turco says.

"Glass jars, votives and even glass canisters filled with fall items is really inspired," he adds.

ISTOCKPHOTO/THINKSTOCK

▶ There's a bit of magic in picking an apple from a tree, says apple farmer Tom Chudleigh.

Simple fun for the entire family

KELLY PUTTER
FOR METRO

The beauty of apple picking has to be its simplicity.

While it's a good idea to dress for the weather, apple growers have seen it all, from diaper-clad youngsters hiked up on dad's back reaching for a crisp Spartan, to apple pie making mamas dressed in their high heels.

"There's a bit of magic in picking an apple from a tree because no one has touched it before," explains Tom Chudleigh, who has been selling apples for 44 years from his 100-acre farm in Halton Hills, Ont.

"I recently asked a group of preteens what they liked about the farm and in unison they said picking apples. I thought they would have answered the animals or the tractor."

Though the apple picking season and the varieties vary from East Coast to West and from farm to farm, you can still find plenty of pick-your-own apple farms that aren't too far from home. Some operations combine fruit picking with other fun farm experiences such as hayrides, corn mazes and hot apple cider during the fall season.

Be sure to bring bags or baskets to carry home your haul. Expect to pay in the neighbourhood of $1.85 to $2.50 per kilogram.

And bring cash since many DIY farms don't accept debit or credit cards. Also, remember to call ahead for availability and you-pick hours. Weekends are the busiest time so if you can get away through the week all the better. And don't forget to pack a picnic lunch.

When picking, Chudleigh recommends you take the apple in your hand and turn its eye to the sky until it separates from the tree.

As for how to know when apples are ripe for the picking? Nothing beats a little taste.

"From a pick-your-own farmer's perspective, the apple should be chin-dripping juicy right off the tree," says Chudleigh.

Events

- **Calgary Rocky Mountain Wine & Food Festival** — Oct. 14-15. Stampede Park's BMO Centre. For more, see rockymountainwine.com.
- **Foo Fighters** — Oct. 27 at 7 p.m. With guests at the Scotiabank Saddledome. For more, see scotiabanksaddledome.com/site/saddledome/
- **16th annual WordFest** — Oct. 11-16. Featuring artists including Anita Rau Badami, Marty Chan, and Arlene Dickinson. For more, seewordfest.com

Playing dress-up

Time to prepare for Halloween **Inspirations can come from anywhere**

▶ The plush dragon costume available at HomeSense for $19.99.

Halloween is the only time of year when it's acceptable to dress like Lady Gaga, so we say throw your sense of taste to the winds and let loose.

Whether you craft your costume from scratch or buy it pre-made, here are some suggestions from the zeitgeist and the 2011 Value Village Halloween Shopping Survey to help get your creative juices flowing:

Classics revisited
Movies in 2011 are crawling with some serious Halloween costume fodder.

Movie makers this year had a field day with pirates, vampires, wizards, mutants and robots. Watch for twists on these classic costumes, inspired by top-grossing franchises released this year including Pirates of the Caribbean, True Blood, Twilight, Harry Potter, X-Men and Transformers.

New versions of kids' classics Winnie the Pooh, The Smurfs and The Muppets will also be popular choices for all ages.

Sci-fi/fantasy
On the sci-fi/fantasy front, expect futuristic Green Lantern and Tron bodysuits, as well as Thor body armour.

Reality TV
Watch stores this year for sparkly Dancing With the Stars garb, and, as fascination with Jersey Shore shows no signs of slowing, a rash of leopard print and Snookie wigs, as well as gold chains plus ab-bearing tank tops á la The Situation.

Vintage looks
Or take advantage of the popular sexy mid-century looks that have seeped into TV and fashion this fall. You will probably partake in a glass of witch's brew with more than a few impeccably dressed Don Drapers and Joan Holloways á la Mad Men, or alongside '60s air hostesses channelling Christina Ricci's new show Pan Am.

At the end of the day, the costume you choose is only as good as the fun you have wearing it, so choose a disguise within your budget that makes a great conversation piece.

STEPHANIE ORFORD

Costumes on a budget

Buy second-hand
Head to Value Village or another second-hand shop and use your imagination.

Trade costumes What's old to friends is new to you.

Keep it simple
Remember, it's Halloween and anything goes. Chances are you would have just as much fun in a cardboard box as in an elaborate costume.

STEPHANIE ORFORD

ZOMBIES ARE COMING TO METRO!
Pick-up Metro on October 12 for our special Zombified Special Feature filled with:
• Fun and factual stories about zombies
• Results from our Metropolitan Panel Zombie Survey
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Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!
Join today at metropolitanpanel.ca
metro
Pick up a copy of Walking Dead the Complete First Season on DVD, available now!

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vanilla pear affair + harvest chipotle chicken flatbread

pears, low-fat frozen yogurt, vanilla extract, apple juice, skim milk

multigrain flatbread, grilled chicken breast, provolone cheese, spinach, red apple slices, ancho chipotle sauce

$11.95 PLUS TAXES

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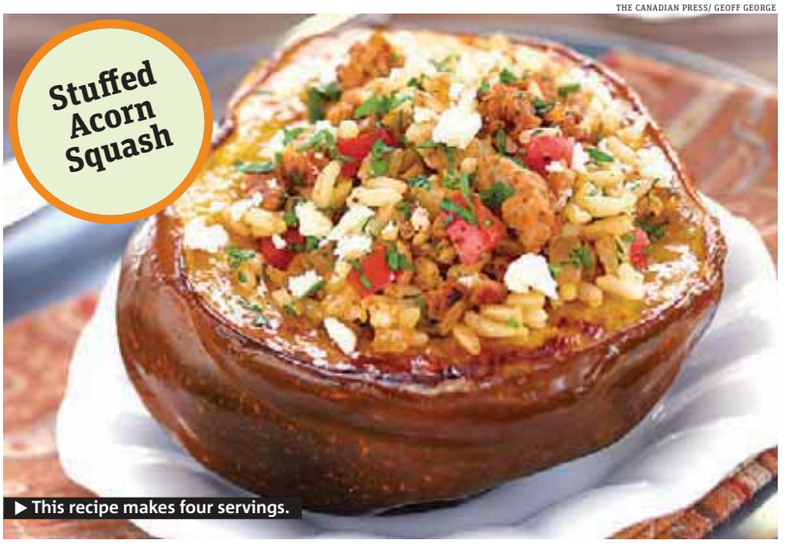
A distinctly autumn veggie

This delicious and hearty Stuffed Acorn Squash dish helps you to embrace the season's bountiful harvest

THE CANADIAN PRESS/ GEOFF GEORGE



▶ This recipe makes four servings.

This extremely versatile and appropriate for fall gatherings, acorn squash stuffed with rice and goat cheese can be served as a mouth-watering rustic main or a beautiful side to complement your holiday spread. If you serve it as a main, accompany it with a salad.

Preparation:

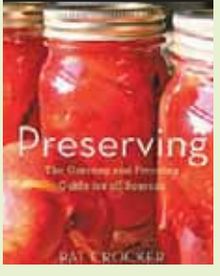
1. Heat the oven to 200 C (400 F).
2. Rub the cut squash all over with oil and place it cut side down on a parchment-lined rimmed baking sheet. Bake until tender, about 30 mins. Remove from oven and let cool slightly before turning over.
3. In a skillet, brown the turkey sausage, breaking meat into small pieces with wooden spoon. Transfer to a plate.
4. Add the onion and red pepper to a skillet and cook until the onion is tender and browned, about 7 minutes. Stir in the rice and cook until it is coated, about 2 minutes. Stir in the broth, scraping any brown bits from the bottom of the pan.
5. Bring to a boil, reduce heat to low, cover and simmer until most of the liquid has been absorbed, about 45 minutes. Stir in sausage, parsley and crumbled goat cheese and divide rice mixture evenly over squash, packing slightly.
6. Return to oven until heated through, about 15 minutes. Serve with a crisp green salad.

THE CANADIAN PRESS/ USA RICE FEDERATION (RICEINFO.COM)

Ingredients:

- 2 acorn squash, halved and seeded
- 15 ml (1 tbsp) olive oil
- 250 g (1/2 lb) turkey sausage, casing removed
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 250 ml (1 cup) cooked brown rice
- 500 ml (2 cups) chicken broth
- 50 ml (1/4 cup) fresh chopped parsley
- 60 g (2 oz) crumbled goat, crumbled.

Weekly Cookbook



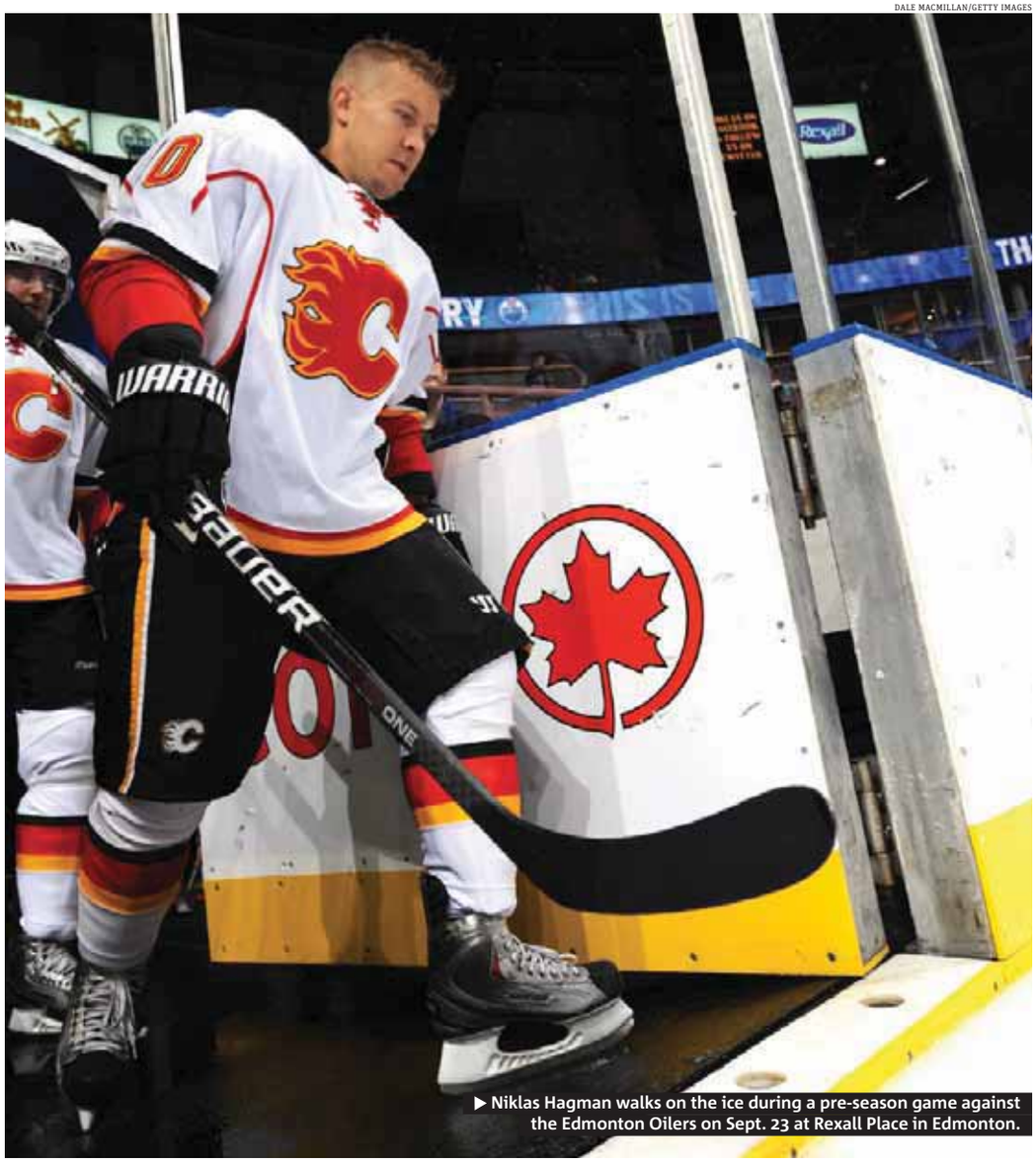
Pat Crocker, home economist, herbalist and award-winning author of eight cookbooks, returns with Preserving: The Canning and Freezing Guide for All Seasons (HarperCollins, 2011).

The cookbook focuses on simple but effective concepts. It follows the seasons, providing easy-to-follow, accurate and thorough information on preserving everything from asparagus to winter squashes. Canning, jamming and freezing techniques are covered, from the most basic hot-packed fruit recipes to gorgeous, internationally flavoured chutneys and relishes.

Optimism after strong finish

Jay Feaster took over Calgary's GM duties from Darryl Sutter midway through last season Team needed a 'philosophical adjustment', says Flames president Ken King

DALE MACMILLAN/GETTY IMAGES



Niklas Hagman walks on the ice during a pre-season game against the Edmonton Oilers on Sept. 23 at Rexall Place in Edmonton.

The Calgary Flames were experienced and expensive the last two NHL seasons. And that didn't work.

An older team at the top end of the salary cap missed the playoffs two straight years.

Calgary got younger and gained some breathing room under the $64.3-million US cap in Jay Feaster's first off-season as general manager. The former Tampa Bay Lighting GM had the "interim" tag removed from his title in May.

Feaster took over managing duties midway through last season, when Darryl Sutter was asked to resign and Calgary had a 16-18-3 record. What happened after that, the Flames want to re-capture early in 2011-12.

Calgary went on a 25-11-9 run to finish the year, falling three points short of a playoff berth in a tight Western Conference race.

A 41-29-12 record wasn't enough to return to the post-season, but the way the Flames finished makes them optimistic now.

"The main thing with us as a group is believing in ourselves," defenceman Mark Giordano said. "We all do right now."

The Flames open the regular season at home Oct. 8 against the Pittsburgh Penguins.

Calgary's one and only Stanley Cup win came in 1989, although they lost in seven games to Tampa Bay in the 2004 Cup final.

After the 2004-05 lockout, the Flames were eliminated in the first round of playoffs four straight seasons before falling short in 2010 and 2011.

Was the departure of the dour Darryl Sutter the difference in Calgary's late surge last winter? That's a topic for the office water cooler, although the word "fun" was heard more in the dressing room once Feaster was in charge.

"It was pretty clear to everybody that we needed a philosophical adjustment," Flames president Ken King said when Feaster was made full-fledged GM. "One of the things Jay had said was he had never seen a team that liked winning less, or had enjoyed it less."

Captain Jarome Iginla, 34, and goaltender Miikka Kiprusoff, who turns 35 in October, are the backbone of the Flames. What's concerning for Calgary to start this season is Iginla's health. The franchise scoring leader experienced back spasms during his first skate of training camp and sat out a large portion of camp.

The Flames got 20-plus goals from Curtis Glencross, Alex Tanguay and Rene Bourque last season, while Olli Jokinen and David Moss also provided secondary scoring with 17 goals apiece. Calgary will need that output again.

A question mark for the Flames this season is the back end. Feaster traded defenceman Robyn Regehr, who has spent his entire career in Calgary, along with forward Ales Kotalik to Buffalo in exchange for defenceman Chris Butler and forward Paul Byron.

Regehr, 31, is considered among the best shutdown defencemen in the league. Butler's game is less punishing than Regehr's, although he has more finesse.

Other new Flames this season include winger Lee Stempniak, defencemen Scott Hannan and Jordan Henry and forward Pierre-Luc Letourneau-Leblond. The latter was among the first two players disciplined by new NHL sheriff Brendan Shanahan.

THE CANADIAN PRESS

Wearing down?

As Kiprusoff has moved into the later stages of his career, the Flames have vowed to reduce the Finn's workload. Calgary couldn't afford to sit their starter in the push for a playoff berth.

- Kiprusoff has played more than 70 games for six straight seasons.
- The Vezina Trophy winner in 2006 has said he's open to playing fewer games and Feaster says he will, which would mean more work for Henrik Karlsson.

4 sports

Quoted

"It's great for the fans to show such great appreciation for your play on the ice and what you do off the ice. It makes you feel good, gives you an extra boost and it makes you just want to win that much more. That can only help in the wins and loss column."

THIRD-YEAR FORWARD EVANDER KANE SAID OF THE ATMOSPHERE IN WINNIPEG

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Canucks anxious to start season

A short summer that seemed to last forever is finally over for the Vancouver Canucks.

The Canucks open their NHL season against the Pittsburgh Penguins tonight. It's the first step in what the Canucks hope is another long journey to the Stanley Cup final.

"It feels good," said captain Henrik Sedin. "You can only practice so long."

Goaltender Roberto Luongo said losing last year's final in seven games to the Boston Bruins taught the Canucks some valuable lessons.

"We have gained a lot of experience," said Luongo. "We went through a lot the last season.

"We can use that as far as experience goes to grow as a team and grow individually."

Getting over the frustration and disappointment of losing the Cup hasn't been easy. Sedin said it's a scar that might never totally heal.

"I don't think it's gone but you have to focus on this year," he said. "If it's in the back of your head a little bit, that's a good thing.

"Other than that, you have to move forward."

Vancouver faces a Pittsburgh team that will start the season without former league MVP Sidney Crosby, who hasn't played since Jan. 5 due to concussion problems.

Crosby is travelling with the Penguins and practised with his teammates yesterday. He has not been cleared for contact in practice and doesn't know when he will play again.

"I felt good," he said. "I have been feeling good the last few weeks.

"I am happy with the way things have gone."

The Penguins will still ice a squad that features Evgeni Malkin, Jordan Staal and goaltender Marc-Andre Fluery.

"Nobody underestimates them, even missing Crosby," said Cody Hodgson, who will start the season centring Vancouver's second line.

THE CANADIAN PRESS

Western Conference preview

Anaheim Ducks
Much of the excitement comes from young blue-liners Cam Fowler and Luca Sbisa to go with rearguard Lubomir Visnovsky, who is coming off a 68-point season. Getting goalie Jonas Hiller back should also be a plus. Perhaps the best news was that 41-year-old Teemu Selanne is back.

Calgary Flames
Although he had back trouble in camp, captain Jarome Iginla showed last season he is not slowing with age with a 43-goal, 86-point season. He will team again with Alex Tanguay and perhaps prospect Mikael Backlund or veteran Olli Jokinen on the Flames' top line.

Chicago Blackhawks
Salary cap woes prompted a rebuild after their 2010 cup victory and the Hawks look ready to challenge again. The core of Jonathan Teows, Patrick Kane, Patrick Sharp and Marian Hossa up front remains. Added this summer was tons of toughness in Jamal Mayers, Sean O'Donnell and Dan Carcillo.

Colorado Avalanche
It's all about youth, starting with centre Matt Duchene who led the team with 67 points. Now top-pick Gabriel Landeskog is in the picture. It points to a bright future, especially with Paul Stastny and veteran Milan Hejduk to add offence. Goaltending remains a question mark.

Columbus Blue Jackets
The arrival of Jeff Carter from Philadelphia could make a potent top-line with Rick Nash, and when new rearguard James Wisniewski finishes serving an eight-game suspension, it could make for a solid power play. Much will depend on unproven secondary scoring.

Dallas Stars
Centre Brad Richards is gone and replacing the free agent's 77 points will be a challenge. It makes Mike Ribeiro a first-line centre of for the first time. There's extra support from Loui Eriksson and Brenden Morrow. They'll look for a step forward from 22-goal man Jamie Benn.

Detroit Red Wings
Stalwarts Kris Draper, Brian Rafalski and Chris Osgood are gone and Niklas Lidstrom turned 41 in April. But there is a reason they have not missed the playoffs since 1990 — their ability to renew themselves. Pavel Datsyuk and Henrik Zetterberg remain, with a fresh crop of youngsters.

Edmonton Oilers
The ever-popular Ryan Smyth is back and his experience should be a boost to all the young talent the Oilers have amassed. No. 1 draft pick Ryan Nugent-Hopkins joins 2010 top pick Taylor Hall, Magnus Paajarvi, Jordan Eberle and Linus Omark. The future looks bright.

Los Angeles Kings
The signing of star defenceman Drew Doughty to an eight-year contract should send an improving Kings team into the season on a high. The acquisitions of two-way centre Mike Richards and sniper Simon Gagne adds to a potent group including Anze Kopitar, Dustin Brown and Dustin Penner.

Minnesota Wild
Bold moves were made to land Dany Heatley and Devin Setoguchi from San Jose, but it cost Brent Burns and Martin Havlat, the team's co-leader in scoring with 62 points. Rearguard Cam Barker is also gone. The power play could improve with new wingers for star centre Mikko Koivu.

Nashville Predators
Goaltender Pekka Rinne and the first-rate defence pair of Shea Weber and Ryan Suter, along with savvy coach Barry Trotz took the Preds to the second round for the first time last spring. They have to try it again with top scorers Sergei Kostitsyn and Martin Erat, who each had only 50 points.

Phoenix Coyotes
Goaltender Ilya Bryzgalov has gone to Philadelphia and it will be Mike Smith in goal. It's not good news for a team whose best goal-scorer was veteran Shane Doan with 20. The good news was that Keith Yandle took another step toward becoming an elite defenceman.

San Jose Sharks
The Sharks have had a maddening run of playoff disappointment, including losses in three conference finals, despite amassing 100 or more points in six of the last seven seasons. Acquiring Brent Burns and playmaker Martin Havlat bolsters their defence without giving up too much on attack.

St. Louis Blues
The Blues will see how much veterans Jason Arnott and Jamie Langenbrunner have left after adding their experience to a young roster. The defence duo of Kevin Shattenkirk and Alex Pietrangelo is a source of optimism, and they know goalie Jaroslav Halak will be great.

Vancouver Canucks
The most significant piece gone from last season's first overall team is Christian Ehrhoff, their top scoring defenceman with 50 points. They still have size, skill and depth up front and remain one of the NHL's best — on paper.

THE CANADIAN PRESS

TOYOTA 2011 FACTORY CLEAROUT

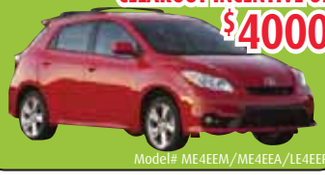
COUNTRY HILLS TOYOTA SCION

TOYOTA 2011 FACTORY CLEAROUT

2011 Corolla
CLEAROUT INCENTIVE OF $4000

Model# BU44EM/EP/BE40EM/EA/BU46EP

2011 Matrix
CLEAROUT INCENTIVE OF $4000



Model# ME4EEM/ME4EEA/LE4EEP

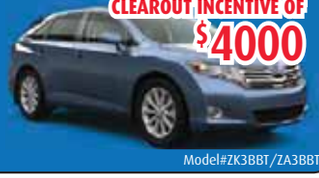
2011 Camry V6
CLEAROUT INCENTIVE OF $5000

Model# BK3ELT/BK3EXT/BK3EST

2011 RAV 4 4WD V6
CLEAROUT INCENTIVE OF $4000

Model# BK4DVA/RK4DVA/DK4DVA

2011 Venza FWD
CLEAROUT INCENTIVE OF $4000



Model#ZK3BBT/ZA3BBT

2011 Sienna V6
CLEAROUT INCENTIVE OF $1000

Model# ZK3DCT AA

2011 Tacoma 4x4
CLEAROUT INCENTIVE OF $4000

Model# UX4ENM/NP, UU4ENM/NA, LU4ENM, MU4FNA

2011 Tundra 4X4 CREW MAX
CLEAROUT INCENTIVE OF $6000

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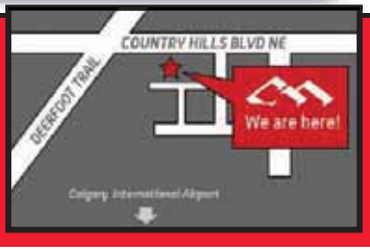

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*See dealer for details about Vegas trip.

Spotlight shining brighter than ever

All at key turning points in their careers, here are five NHLers surrounded by intrigue going into 2011-12

No one is pumping Roberto Luongo's tires now.

The Vancouver Canucks goalie was the most talked about — and skewered — player during a Stanley Cup final run that ended in disappointment and riots when he fell flat through seven games against the Boston Bruins.

Four months later, Luongo finds himself back in the spotlight — will he be the player who earns Vezina Trophy consideration during the regular season or the one who endured some struggles in the playoffs?

With the 2011-12 season set to get underway tonight, Vancouver's most enigmatic athlete tops our list of five players to watch this year:

JAE HONG/THE ASSOCIATED PRESS

Roberto Luongo
VANCOUVER CANUCKS

Adding intrigue to Luongo's situation is the fact he has arguably the most capable backup in the league. Many believe Cory Schneider is good enough to be a No. 1 man and the Canucks intend to give him more than the 25 appearances he received last year. If Luongo struggles, it could be a lot more.

MARK J. TERRILL/THE ASSOCIATED PRESS

Drew Doughty
LOS ANGELES KINGS

The smooth-skating defenceman finally got a big contract out of the Kings, but now he'll have to earn it. The $56-million US man is the highest-paid member of a team expected to challenge for a championship and will be playing catchup after missing almost two weeks of training camp.

GREG FIUME/GETTY IMAGES

Tomas Vokoun
WASHINGTON CAPITALS

Expectations are even higher than normal in D.C., where the veteran Czech goalie signed a bargain $1.5-million deal for the chance to play for a Stanley Cup. The 35-year-old has consistently been one of the league's better goaltenders but has yet to win a playoff series.

CHRISTIAN PETERSEN/GETTY IMAGES

Jarome Iginla
CALGARY FLAMES

The Flames captain has played all 82 games in five-of-six seasons since the lockout, but was hampered by back spasms during training camp. So far, Iginla hasn't shown many signs of age (he had 43 goals and 86 points last year) — can he fend off Father Time for another season?

BRUCE BENNETT/GETTY IMAGES

Jaromir Jagr
PHILADELPHIA FLYERS

About the only guarantee that can be made about Jagr's return to the NHL is that he'll finally hit the 1,600-point barrier. Jagr needs just one more point to do it. But after three years in Russia, and at age 39, it's anyone's guess what the five-time scoring champion has left.

THE CANADIAN PRESS

It's Game Time!

Here's what hockey-driven-Metropolitans have to say about the upcoming NHL season.

45% of Metropolitans are your red-blooded Canadian hockey fans – **15%** of those are the ones you'll see screaming at the TV or at ice-level wearing jerseys and body paint!

87% root for their home team

PRE-GAME RITUALS?
Here's what some of you do before the puck drops:
"Call my dad"
"Kiss my miniature Stanley Cup"
"Wear my team's jersey"
"Pray"
"Grab beer and nachos"
"Study stats"
"Put on my lucky socks"

Which Canadian city should be next in line for a new NHL team?

Quebec City	33%
Hamilton	32%
Toronto	19%
Other	17%

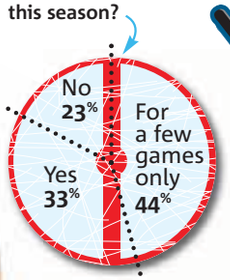
Is fighting an essential part of the NHL?

Yes, it's part of the game	40%
No, we have the UFC for that	60%

Do you think the Canucks will make it back to the Stanley Cup final?

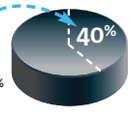
Yes	51%
No	49%

Do you think Sidney Crosby will return to action this season?



Who's going to be the top rookie in 2011?

Ryan Nugent-Hopkins, Edmonton Oilers	40%
Ryan Strome, New York Islanders	24%
Jussi Rynnas, Toronto Maple Leafs	18%
Jonathan Huberdeau, Florida Panthers	17%



Has Gary Bettman been a good ambassador for the NHL?

Yes	18%
Not in Canada	45%
Not Anywhere	37%

Who do you think will win the Stanley Cup?

Vancouver	16%
Toronto	9%
Montreal	8%

think 3 or 4 Canadian teams will make it to the playoffs this season

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

Source: Metropolitan Panel Survey; 336 Respondents; September 2011

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Metropolitan Panel

MAJOR LEAGUE BASEBALL PLAYOFFS

DIVISION SERIES

All times Eastern
(Best-of-5 series)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 2-2)
Last night's result
N.Y. Yankees 10 Detroit 1
Tonight's game
Detroit (Fister 11-13) at N.Y. Yankees (Nova 16-4), 8:07 p.m.
TEXAS (W) VS. TAMPA BAY (WC)
(Texas wins 3-1)
Yesterday's game
Texas 4 Tampa Bay 3

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Series 2-2)
Last night's game
St. Louis 5 Philadelphia 3
Tuesday's result
Philadelphia 3 St. Louis 2
Tomorrow's game
St. Louis (Carpenter 11-9) at Philadelphia (Halladay), 8:07 or 8:37 p.m.
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads 2-1)
Last night's result
Milwaukee at Arizona
Tuesday's result
Arizona 8 Milwaukee 1
Tomorrow's game
x-Arizona at Milwaukee, 5:07 or 8:07 p.m.
x — if necessary.

LATE TUESDAY

DIAMONDBACKS 8, BREWERS 1

Milwaukee	ab	r	h	bi	Arizona	ab	r	h	bi
C.Hart rf	4	1	1	1	Blmqst ss	4	2	3	0
Morgan cf	3	0	0	0	DHrndz p	0	0	0	0
Braun lf	3	0	0	0	Putz p	0	0	0	0
Fielder 1b	3	0	1	0	A.Hill 2b	3	1	0	0
RWeks 2b	4	0	0	0	J.Upton rf	3	0	0	0
HrstnJr 3b	3	0	1	0	MMntr c	3	2	2	2
Kotsay ph	1	0	0	0	Gldsch 1b	4	1	2	5
YBtncr ss	3	0	0	0	CYoung cf	4	1	1	0
Narvsn p	0	0	0	0	RRorts 3b	4	0	2	1
Estrad p	0	0	0	0	GParra lf	4	0	0	0
Lucroy c	3	0	0	0	Cllmntr p	3	1	1	0
Marcm p	2	0	0	0	JMcDnl ss	1	0	0	0
Loe p	0	0	0	0					
Counsll ss	1	0	0	0					
Totals	**30**	**1**	**3**	**1**	**Totals**	**33**	**8**	**11**	**8**
Milwaukee					**001 000 000**		**1**		
Arizona					**201 050 00x**		**8**		

E—Hairston Jr. (1). DP—Milwaukee 1. LOB—Milwaukee 5, Arizona 4. 2B—M.Montero (1). HR—C.Hart (1), Goldschmidt (2). SB—Bloomquist (3), C.Young (1).

	IP	H	R	ER	BB	SO
Milwaukee						
Marcum L,0-1	4 2-3	7	7	7	3	3
Loe	1 1-3	3	1	0	0	1
Narveson	1	0	0	0	0	3
Estrada	1	1	0	0	0	2
Arizona						
Collmenter W,1-0	7	2	1	1	2	6
Da.Hernandez	1	0	0	0	0	1
Putz	1	1	0	0	0	0

HBP—by Collmenter (Fielder).
Umpires—Home, Joe West; First, Bruce Dreckman; Second, Jeff Kellogg; Third, James Hoye; Right, Alfonso Marquez; Left, Ron Kulpa.
T—3:01. A—48,312 (48,633).

CARDINALS 5, PHILLIES 3

Philadelphia	ab	r	h	bi	St. Louis	ab	r	h	bi
Rollins ss	4	1	2	0	Furcal ss	4	0	0	0
Utley 2b	3	1	2	1	Schmkr 2b	3	1	2	0
Pence rf	4	0	1	1	Theriot 2b	1	0	0	0
Howard 1b	4	0	0	0	Pujols 1b	4	0	0	0
Victorn cf	4	0	0	0	Brkmn rf	3	1	1	1
Ibanez lf	4	0	0	0	Motte p	0	0	0	0
Polanc 3b	4	0	1	0	Hollidy lf	3	2	1	0
Ruiz c	3	0	0	0	YMolin c	3	0	0	0
Oswalt p	1	0	0	0	Freese 3b	3	1	2	4
Blanton p	0	0	0	0	Rhodes p	0	0	0	0
Gload ph	1	0	1	0	Dotel p	0	0	0	0
Mrtnz pr	0	1	0	0	Salas p	0	0	0	0
Lidge p	0	0	0	0	Rzpczy p	0	0	0	0
Chamrs rf	0	0	0	0					
Jay cf	3	0	0	0					
EJcksn p	2	0	0	0					
Descals 3b	1	0	0	0					
Totals	**32**	**3**	**7**	**2**	**Totals**	**30**	**5**	**6**	**5**
Philadelphia					**200 000 010**		**3**		
St. Louis					**100 202 00x**		**5**		

E—Victorino (1). DP—St. Louis 1. LOB—Philadelphia 4, St. Louis 3. 2B—Rollins (4), Berkman (1), Freese (2). 3B—Utley (1). HR—Freese (1). CS—Pence (1). S—Oswalt.

	IP	H	R	ER	BB	SO
Philadelphia						
Oswalt L,0-1	6	6	5	5	1	5
Blanton	1	0	0	0	0	0
Lidge	1	0	0	0	0	1
St. Louis						
E.Jackson W,1-0	6	5	2	2	1	4
Rhodes H,2	1-3	0	0	0	0	1
Dotel H,1	2-3	0	0	0	0	0
Salas H,1	2-3	2	1	1	0	0
Rzepczynski H,2	1-3	0	0	0	0	1
Motte S,2-2	1	0	0	0	0	1

HBP—by Oswalt (Holliday). WP—Salas.
Balk—Salas.
T—2:34. A—47,071 (43,975).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	32	9	7	16	49	42	43
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	31	5	14	12	35	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	32	18	4	10	46	25	64
x-Seattle	31	16	6	9	51	33	57
x-Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	36
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22

x — Clinched playoff berth.
Note: Three points for a win, one for a tie.
Tuesday's result
New York 2 Los Angeles 0
Tonight's game
All times Eastern
Salt Lake at Vancouver, 9:30 p.m.
Saturday's games
San Jose at New England, 7:30 p.m.
Philadelphia at Seattle FC, 10 p.m.
Wednesday, Oct. 12
FC Dallas at Chicago, 8:30 p.m.
D.C. United at Vancouver, 10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

WEEK 15
All times Eastern
Tomorrow's game
Winnipeg at Hamilton, 7:30 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday's games
Toronto at Montreal, 1 p.m.
Saskatchewan at Edmonton, 4:30 p.m.

NHL

REGULAR SEASON

Tonight's games
All times Eastern
Philadelphia at Boston, 7 p.m.
Montreal at Toronto, 7 p.m.
Pittsburgh at Vancouver, 10 p.m.
Tomorrow's games
Anaheim vs. Buffalo at Helsinki, Finland, 1 pm
N.Y. Rangers vs. Los Angeles at Stockholm, Sweden, 1 p.m.
Tampa Bay at Carolina, 7 p.m.
Ottawa at Detroit, 7 p.m.
Nashville at Columbus, 7 p.m.
Chicago at Dallas, 8:30 p.m.
Saturday's games
N.Y. Rangers vs. Anaheim at Stockholm, Sweden, 1 p.m.
Tampa Bay at Boston, 7 p.m.
Ottawa at Toronto, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Carolina at Washington, 7 p.m.
Florida at N.Y. Islanders, 8 p.m.
Nashville at St. Louis, 8 p.m.
Columbus at Minnesota, 8 p.m.
Dallas at Chicago, 8:30 p.m.
Detroit at Colorado, 9 p.m.
Pittsburgh at Calgary, 10 p.m.
Phoenix at San Jose, 10:30 p.m.
Buffalo at Los Angeles, 11 p.m.
Sunday's games
Montreal at Winnipeg, 5 p.m.
Pittsburgh at Edmonton, 9 p.m.
Monday's games
Colorado at Boston, 1 p.m.
Carolina at New Jersey, 1 p.m.
Minnesota at N.Y. Islanders, 1 p.m.
Calgary at St. Louis, 2 p.m.
Phoenix at Dallas, 6 p.m.
Tampa Bay at Washington, 7 p.m.
Vancouver at Columbus, 7 p.m.
Tuesday, Oct. 11
Florida at Pittsburgh, 7 p.m.
Minnesota at Ottawa, 7:30 p.m.
Wednesday, Oct. 12
Colorado at Columbus, 7 p.m.
Vancouver at Philadelphia, 7:30 p.m.
Boston at Carolina, 7:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	4	0	.000	63	108

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	3	1	0	.750	84	77
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

WEEK FIVE
All times Eastern
Sunday's games
Arizona at Minnesota, 1 p.m.
Oakland at Houston, 1 p.m.
Kansas City at Indianapolis, 1 p.m.
Philadelphia at Buffalo, 1 p.m.
New Orleans at Carolina, 1 p.m.
Cincinnati at Jacksonville, 1 p.m.
Tennessee at Pittsburgh, 1 p.m.
Seattle at N.Y. Giants, 1 p.m.
Tampa Bay at San Francisco, 4:05 p.m.
San Diego at Denver, 4:15 p.m.
N.Y. Jets at New England, 4:15 p.m.
Green Bay at Atlanta, 8:20 p.m.
Open: Baltimore, Cleveland, Dallas, Miami, St. Louis, Washington
Monday's game
Chicago at Detroit, 8:30 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

OAKLAND ATHLETICS — Named Chip Hale bench coach & signed him to a 2-year contract.

NATIONAL LEAGUE

FLORIDA MARLINS — Assigned C Vinny Rottino & RHP Brian Sanches off the 40-man roster.
HOUSTON ASTROS — Assigned LHP Xavier Cedeno, RHP Blake King and RHP Lance Pendleton outright off the 40-man roster. Pendleton can elect free agency due to a prior outright; Cedeno will automatically become a free agent after the World Series; and King will be assigned to Corpus Christi (TL).
N.Y. METS — Announced bench coach Ken Oberkfell, 3rd base coach Chip Hale, 1st base coach Mookie Wilson & bullpen coach Jon Debus will not return next season. Named Tim Teufel 3rd base coach, Ricky Bones bullpen coach.

FOOTBALL

NFL

HEAD OFFICE — Suspended Indianapolis G Jaimie Thomas four games for a violation of the league's substance-abuse policy.
ARIZONA CARDINALS — Re-signed P Ben Graham. Released CB Korey Lindsey. Released S Mark Legree from the practice squad.
GREEN BAY PACKERS — Signed WR Jordy Nelson to a three-year contract extension.
INDIANAPOLIS COLTS — Placed DT Eric Foster and OT Ben Ijalana on injured reserve. Waived LB Nate Triplett. Signed OT Michael Toudouze and OT Quinn Ojinnaka. Signed DT Ricardo Mathews from the practice squad.
N.Y. GIANTS — Signed OL Jim Cordle from practice squad & CB Justin Tryon. Terminated the contract of WR Brandon Stokley with an injury settlement. Terminated the contract of QB Sage Rosenfels & removed him from injured reserve. Released CB Brian Williams. Signed OL Selvish Capers to practice squad.
N.Y. JETS — Signed G Dennis Landolt to the practice squad.
PITTSBURGH STEELERS — Re-signed OT Max Starks to 1-yr contract. Waived OL Chris Scott.
WASHINGTON REDSKINS — Reinstated CB Phillip Buchanon from the suspended list. Released DB Brandyn Thompson.

HOCKEY

NHL

CAROLINA HURRICANES — Assigned F Riley Nash to Charlotte (AHL).
COLUMBUS BLUE JACKETS — Assigned F Alexandre Giroux to Springfield (AHL).
DALLAS STARS — Placed D Adam Pardy on injured reserve, retroactive to Oct. 1.
DETROIT RED WINGS — Reassigned G Tom McCollum, D Gleason Fournier & F Andrej Nestrasil from Grand Rapids (AHL) to Toledo (ECHL).
FLORIDA PANTHERS — Assigned F Steven Reinprecht & D Mike Kostka to San Antonio (AHL).
L.A. KINGS — Reassigned D Slava Voynov to Manchester (AHL). Placed D Jake Muzzin on injured reserve. Placed C Colin Fraser on non-roster list.
MONTREAL CANADIENS — Assigned F Ian Schultz, F Michael Blunden, F Andreas Engqvist and F Aaron Palushaj to Hamilton (AHL). Waived D Jeff Woywitka. Claimed C Blair Betts off waivers from Philadelphia.
NEW JERSEY DEVILS — Agreed to terms with F Petr Sykora on a one-year contract.
N.Y. ISLANDERS — Assigned C Trevor Frischmon and D Dylan Reese to Bridgeport (AHL). Returned LW Kirill Kabanov to Blainville-Boisbriand (QMJHL).
N.Y. RANGERS — Assigned LW Sean Avery to Connecticut (AHL). Placed D Marc Staal on injured reserve. Recalled D Tim Erixon from Connecticut.
PHOENIX COYOTES — Signed F Paul Bissonnette to a two-year contract extension.
SAN JOSE SHARKS — Reassigned RW Cam MacIntyre & D Mike Moore to Worcester (AHL).
VANCOUVER CANUCKS — Assigned RW Victor Oreskovich & D Ryan Parent to Chicago (AHL).

AHL

ABBOTSFORD HEAT — Assigned F Justin Dowling to Utah (ECHL).
GRAND RAPIDS GRIFFINS — Assigned D Bryan Rufenach to Toledo (ECHL). Released F Nick Oslund from his tryout agreement.

LACROSSE

NLL

COLORADO MAMMOTH — Re-signed F Joel Dalgarno and D Matt Leveque. Agreed to terms with G Tye Belanger.

TENNIS

ATP-WTA

CHINA OPEN

At Beijing
Men's Singles — Second Round
Tomas Berdych (3), Czech Republic, def. Philipp Kohlschreiber, Germany, 6-2, 6-0.
Fernando Verdasco, Spain, def. Flavio Cipolla, Italy, 2-6, 6-1, 6-2.
Mikhail Youzhny, Russia, def. Feliciano Lopez, Spain, 6-7 (5), 6-2, 7-5.
Ivan Ljubicic, Croatia, def. Florian Mayer, Germany, 6-0, 2-6, 6-3.
Men's Doubles — First Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Feliciano Lopez and Fernando Verdasco, Spain, 2-6, 7-6 (5), 10-5 (tiebreak).
Women's Singles — Second Round
Victoria Azarenka (2), Belarus, def. Polona Hercog, Slovakia, 7-6 (8), 6-3.
Monica Niculescu, Romania, def. Chanelle Scheepers, South Africa, 6-2, 6-1.
Agnieszka Radwanska (11), Poland, def. Zheng Jie, China, 6-1, 6-4.
Women's Singles — Third Round
Ana Ivanovic, Serbia, def. Vera Zvonareva (3), Russia, 6-2, 6-1.
Andrea Petkovic (9), Germany, def. Marion Bartoli (8), France, 4-6, 6-4, 7-5.

ATP

RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Andy Murray (2), Britain, def. Marcos Baghdatis, Cyprus, 7-6 (4), 2-6, 6-4.
Dmitry Tursunov, Russia, def. Janko Tipsarevic (6), Serbia, 6-7 (6), 7-6 (3), 7-5.
Singles — Second Round
Mardy Fish (4), U.S., def. Ernests Gulbis, Latvia, 6-2, 6-4.
Radek Stepanek (7), Czech Rep., def. Marco Chiudinelli, Switzerland, 7-5, 6-7 (5), 6-1.
Bernard Tomic, Australia, def. Tatsuma Ito, Japan, 6-7 (4), 6-1, 7-5.

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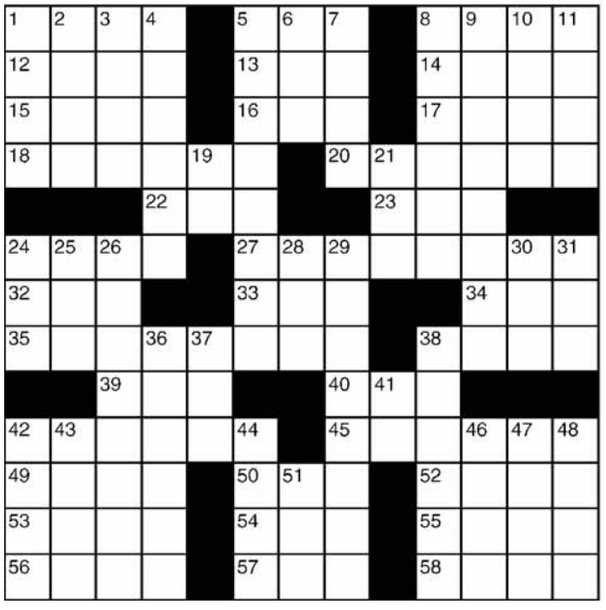
Crossword



Across

1 Engrossed
5 Old man
8 Rabbit's tail
12 Wrinkly fruit
13 Japanese sash
14 "My bad"
15 Let fall
16 Joker
17 — -tat-tat
18 Ohio city
20 Tailor, humorously
22 Frequently
23 Speck
24 Freeway access
27 Adverse
32 Hearty brew
33 Author Santha Rama —
34 Sundial numeral
35 Hat seller
38 Automaker Ransom Eli —
39 Pitch
40 Sine qua —
42 It had a big part in the Bible
45 Masticated
49 Famous cookie man
50 Egg-yung link
52 Made on a loom
53 New Zealand symbol
54 Coach Parseghian
55 Mat melody
56 Coastal flyer
57 Deterioration
58 Holler

Down

1 "Our Idiot Brother" star Paul
2 Taj Mahal city
3 Tactic
4 Excellent
5 Business decline
6 Lawyers' org.
7 Uses a shovel
8 "Parting is such sweet —"
9 Man's jacket feature
10 Doing
11 Despot
19 "— Thee I Sing"
21 Fuss
24 Aries
25 Clay, today
26 Loss of self-control
28 Dundee denial
29 Traitor
30 Disencumber
31 Insult (Sl.)
36 Legendary TV pooch
37 Anger
38 Unilateral
41 "I see"
42 Croupier's tool
43 Eastern potentate
44 Somewhere out there
46 Had on
47 Maleficent
48 Transaction
51 Acapulco gold

▶ Yesterday's answer

B	O	N	D	■	E	G	O	■	A	V	O	W
O	B	O	E	■	M	O	O	■	M	E	N	U
B	I	G	M	O	U	T	H	■	A	R	C	S
S	T	O	O	D	■	■	S	L	I	M	E	S
■	■	■	T	E	A	S	■	O	N	O	■	■
W	I	P	E	■	B	U	R	N	■	U	S	A
A	L	L	■	A	L	G	A	E	■	T	E	D
S	L	Y	■	C	Y	A	N	■	C	H	E	Z
■	■	M	U	M	■	R	I	N	D	■	■	■
S	O	O	N	E	R	■	■	A	R	D	O	R
O	P	U	S	■	Y	A	R	M	O	U	T	H
F	E	T	A	■	E	W	E	■	M	E	T	E
A	C	H	Y	■	S	E	X	■	S	T	O	A

Sudoku

		4		3		9	1	
3	9		6				2	
		2			7			
		6		4				
2		8				3		5
				2		1		
			5			8		
	4				9		7	2
	2	7		8		5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	5	2	7	4	8	1	9	6
8	6	4	9	2	1	7	5	3
9	1	7	5	6	3	2	4	8
1	4	9	3	8	7	6	2	5
6	8	5	2	1	4	3	7	9
7	2	3	6	5	9	8	1	4
4	9	8	1	7	6	5	3	2
2	7	6	4	3	5	9	8	1
5	3	1	8	9	2	4	6	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Kattttttlynn,
My BBG !? You are the one who i can trust ! you are the one, who is with me ! Always like a Sister ! You are the PERFECT girl, with YOU Baby Girl ? i can CRY ! I don't want to lose u ! never ever never ! ? I love You Sooo Much ! ? Kocham cie zla Dziwko? <3 I Love YOU SOOO MUCH <3
KAROLINNNAAAA

Jason Stevenson,
I loved the way how u looked at me before .... that day was amazing .... I saw your beautiful eyes... i didn't want anything more!!! I just want you .... I had crush on u .... but after some situation .... i meet the person like a really who you are !!!!! **SOMEONE**

Handsome
Happy Birthday...Baby!!!!
PRINCESS

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 7°	Min 7°	Min 2°
Max 9°	Max 9°	Max 16°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Mercury close to Saturn in your opposite sign means there's no pleasing those who don't want to be.

♉ Taurus April 21-May 21 Your list of things to do may be longer than your arm but so what? Don't put extra pressure on yourself.

♊ Gemini May 22-June 21 Mercury, your ruler, urges you to be honest about your feelings. Nothing must be hidden.

♋ Cancer June 22-July 22 Certain people may frown at your behaviour today, only because they're jealous of your carefree attitude.

♌ Leo July 23-Aug.23 You may experience a loss of confidence today but it will pass, so there is no need to get yourself worked up about it.

♍ Virgo Aug. 24- Sept. 22 Something to do with money has been causing you a few sleepless nights but there is no reason to worry.

♎ Libra Sept. 23-Oct. 23 You have courage, confidence and bags of energy. So why are you not putting it to better use?

♏ Scorpio Oct. 24-Nov. 22 If someone wants to wallow in self-pity that's fine, but decline in joining the "woe is me" party.

♐ Sagittarius Nov. 23-Dec. 21 Your dreams and wishes can come true, but you've got to believe. You're always a winner in life.

♑ Capricorn Dec. 22-Jan. 20 Do you bask in success or do you build on it? That's up to you.

♒ Aquarius Jan. 21-Feb. 18 One or two doubts may creep in over the next 24 hours. Ignore them, they're illusions.

♓ Pisces Feb. 19-March 20. Don't overreact to setbacks and don't give up on a creative endeavor because you are not sure of its outcome. **SALLY BROMPTON**

Caption contest

SERGEI GRITS/ THE ASSOCIATED PRESS

JIM BECKEL, THE OKLAHOMAN/AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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